JAMIE OLIVER | Scrumptious recipes from his new one-pan cookbook

NEW ZEALAND LISTENER

SEPTEMBER 3-9 2022

EXERCISE & YOUR BRAIN

The new science of keeping your mind & body healthy

VEGE DIETS
Do you really need supplements?

SAVING MONEY
18 tips for a richer and more sustainable future

IAN FOSTER
Paul Thomas on the media madness

NEW ZEALAND LISTENER
Te Kaiwhakarongo Aotearoa

ISSN 2381-9553: Vol 282, No. 4262. September 3-9, 2022

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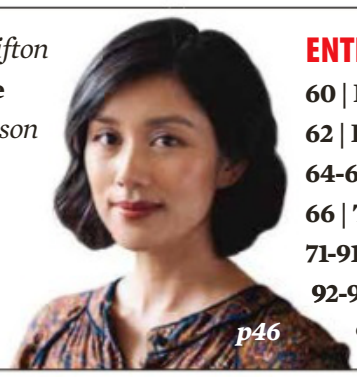

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Lost in a storm

Messaging to reverse climate change must employ the tactics used to curb smoking, writes John Moore.

Nelson is renowned for its benign climate and pleasing environment. In general, it misses the worst of everything. We residents tend to be a bit smug about that. A gentle memory prod, however, might recollect significant flood disruption in 2011, and drought and major fires in 2019. We forget so easily.

Our council did declare a "climate emergency" in May 2019, which produced endless words but no meaningful action.

The government has followed suit, and there are hotly contested plans for everything.

Astonishingly, to me at least, parts of our agriculture sector seem to lead the opposition to action.

Agriculture has appeared on Earth over the past 10,000 years or so, known as the Holocene. A settled climate has allowed agriculture to flourish, resulting in a population explosion for humanity. But agriculture is utterly dependent on settled and predictable weather patterns – farmers, of all people, should know that.

Editorials and psychologists remind us that we must not lose hope and that hope is critical for our future. Our future, though, is determined by the physics of the atmosphere, which, like gravity, has no truck with hope. Nor does it care about belief. Hope is vital, but must be linked with truth and reality.

In climate science, hope cannot exist until atmospheric carbon dioxide and methane start to decrease. Otherwise, hope is a lie. Carbon dioxide continues to rise as fast as ever from our use of fossil fuels. Is that news to anyone? No actions are meaningful until this starts to drop. It is physics 101.

What tools might we have to effect change? The status quo is a desperate failure. We each believe that everyone else should do something, and we feel entitled to act as we wish in the belief that we are good people. The Prime Minister expresses delight that international tourism is set to return. She must know about the damage that aeroplanes and cruise ships do to the environment.

Marketing has been the key to our consumer model. Its purpose is to make us want more stuff, and it is wonderfully successful. Compared with commercial marketers, government agency messaging is completely lost in a storm. I have come to believe that until this is controlled, our climate efforts will continue to fail.

Flooding in Nelson: we did this to ourselves.

The only option I can see is to rapidly control the marketing of all carbon-intensive products, including tourism and transport.

The model we do have is reducing harm from tobacco. That is working, and the only option I can see to combat climate change is to rapidly control the marketing of all carbon-intensive products, including tourism and transport. Carbon labelling must be included with every product.

Without profound change in our attitudes and consumerism, atmospheric carbon dioxide will not drop. Until it drops, we will see the laws of physics produce climatic change that will change our lives – and more so, that of our descendants – and become a frightening test of survival.

Every attempt to reduce fossil-fuel burning must be encouraged and shame must sadly be a weapon. No one has the right to steal from our children.

A gesture that could produce a glimmer of hope, in my mind at least, is if Waka Kotahi changed its mind and agreed to open a lane of the Auckland Harbour Bridge to those who wish to try to save a future for our children by walking and cycling. If we can't even do that, forget about hope. As we look at the damage in Nelson, we must acknowledge that we did this ourselves. ▮

Dr John Moore is a retired GP and a member of various community groups in Nelson, including the Nelson Science Society.

GETTY IMAGES

SUBMISSIONS for *Upfront* should be approximately 600 words long and should be sent to listener@aremedia.co.nz. Full contact details must be provided.

Lessons from history

Sadly, Chris Finlayson ("Key witness", August 20) seems not to understand the spirit and intent of the Form 7 history curriculum he studied any better than Prime Minister Jacinda Ardern did when she pronounced on the same subject.

Both studied Section B, "England 1558-1689", which deals with the evolution of monarchy from medieval and personal to a recognisably modern constitutionalism. This occurred by way of a successful opposition to the Crown's religious absolutism that sparked a similarly successful opposition in the political sphere.

One would think that anyone interested in politics would recognise this, in later life if not during the study, but apparently the point has eluded both Finlayson and Ardern.

It should also be made clear the curriculum always, in fact, offered a Section B alternative to this topic in: "New Zealand in the 19th and Early 20th Century", so that studying "England 1558-1689" reflected a particular school's choice rather than any attempt to anglicise New Zealanders. Curriculum choice was therefore always possible, and I did just that in changing, on grounds of relevance to students, my school's section A topic from that very USA option criticised by Finlayson to a study of the campaigns of World War II.

MJ Burr
Sometime HoD history, Rotorua Boys' High School

In his book *Yes, Minister*, Chris Finlayson declares John Key will be known as "one of our great prime ministers". Really?

Finlayson extols "the rule of law". Yet in July 2013, the dispassionate Law Society was compelled to write to the United Nations stating Key had disdainfully flouted due democratic process. For example, he bowed down to foreign corporations by ignoring our laws for the benefit of Warner Bros, SkyCity and various oil companies.

His chum Ian Fletcher was appointed head of the GCSB, which organised a Boy's Own raid on Kim Dotcom's home, and allowed illegal spying on New Zealand citizens.

Labour's Michael Cullen left

WINNING CAPTION

Ann Love, Nelson

FINALISTS

***Christopher Luxon:* "I'll Huffindell Puffindell blow the House down!"** – Alan Belcher, Christchurch

***Caption:* "All the king's forces and all the king's men couldn't get Humpty elected again!"** – Alan Belcher, Christchurch

***Luxon caricature:* "Didn't you know pride comes before a fall?"** – Marie Curran, Dunedin

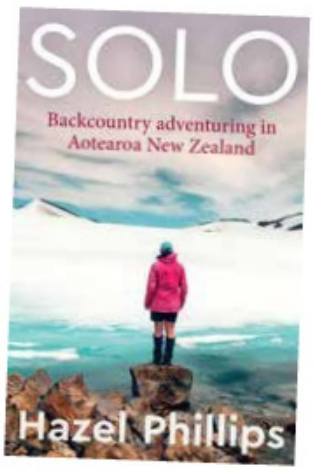
***Luxon:* "Today Wellington, tomorrow Madame Tussauds!"** – John Edgar, Christchurch

***Luxon:* "Now you're just egging me on."** – Vic Evans, Nelson

GETTY IMAGES

Reserve Bank governor Adrian Orr announces the new official cash rate on August 17 in Wellington.

Caption competition
THIS WEEK'S PICTURE



Caption Competition

{listenercaption@aremedia.co.nz}

TO ENTER Send your captions for the photo at right to listenercaption@aremedia.co.nz, with "Caption Competition No 476" in the subject line. Alternatively, entries can be posted to "Caption Competition No 476", *NZ Listener, PO Box 52122, Kingsland, Auckland 1352.* **Entries must be received by noon, Tuesday, Sept 6.**

THE PRIZE Journalist Hazel Phillips' story of three years living in mountain huts and tramping alone for days at a time, all the while holding down a full-time job. It's an absorbing blend of adventure and humour, combined with her research into tales from the past.

nine genuine surpluses. But on Key's watch, National produced surpluses by not paying, for nine years, into the Cullen Superannuation Fund; sold off 900 state houses; and sold shares in power companies we all owned.

Many other things could be added to this list. Key was not a great prime minister. Rather, a significantly flawed one.

Ursula J Rose
(Christchurch Central)

DEALING WITH GRIEF

Many thanks for Joanna Ibell's *Upfront* (August 27). It gave us permission to be sad when society's relentless drive is to be "positive", as evidenced by that vacuous greeting, "How are you?"

As one who was left bereaved after the death of a mother, years ago, and later, of a sister, I was told on both occasions that they "wouldn't want me to be sad". However, the prize clanger was after my sister's death, when someone asked, "Was she saved?"

Geoffrey Hinds
(Mt Eden, Auckland)

Joanna Ibell has helped me to put into words my own sentiments about dealing with grief. My darling wife, Julie, died in April, following a severe stroke, and she has left an emptiness and many memories around the world among all those who knew her.

The support I continue to receive has been very empathetic, and, like Joanna, I, too, am a member of a choir.

Every day consists of several lonely and sad moments that I know will be there for the rest of my life. With them, I honour Julie's life.

Graham Dainty
(Tauranga)

TAKEN AS RED

Thank you, Dean Donoghue (*Letters*, August 27). Once I got ova cackling into my feather pillow, I scrambled straight down to my local KFC and ordered a huge bucket of drum-roll sticks.

Helen Carver
(Dannevirke)

HEEDING THE SIGNS

Paul Catmur's "Dignity be damned" (August 20) may have ensured that many men will not heed the warning signs their bodies are sending.

I, too, have had prostate cancer. Initially, urinary frequency was the only symptom. I saw my GP, who did a DRE (digital rectal exam) using lubricating gel, not Vaseline. While uncomfortable, it did not make me yelp.

A PSA test revealed a level that indicated treatment was required. The biopsy process was explained professionally by a specialist nurse, and taken rectally – no general anaesthetic required – as sensitively as is possible by a registrar. No one else was in the room. I chose to have radiotherapy rather than surgery and several years later appear to be free of the cancer.

A loss of dignity was not my experience; quite the opposite.

I strongly urge any male who has symptoms to get tested. It is treatable if caught early.

David Brian
(Christchurch)

LETTER OF THE WEEK

Catmur's article seemed to imply disruption and recovery time were downsides to radiation treatment and prostate brachytherapy – as they are for radical prostatectomy.

As I say in my book, *Blasted by Seeds* (2015), brachytherapy, the treatment I had in 2008, had upsides. These included only one overnight hospital stay and a return to work after just four days. I was pleased with the outcome because I was then employed full-time.

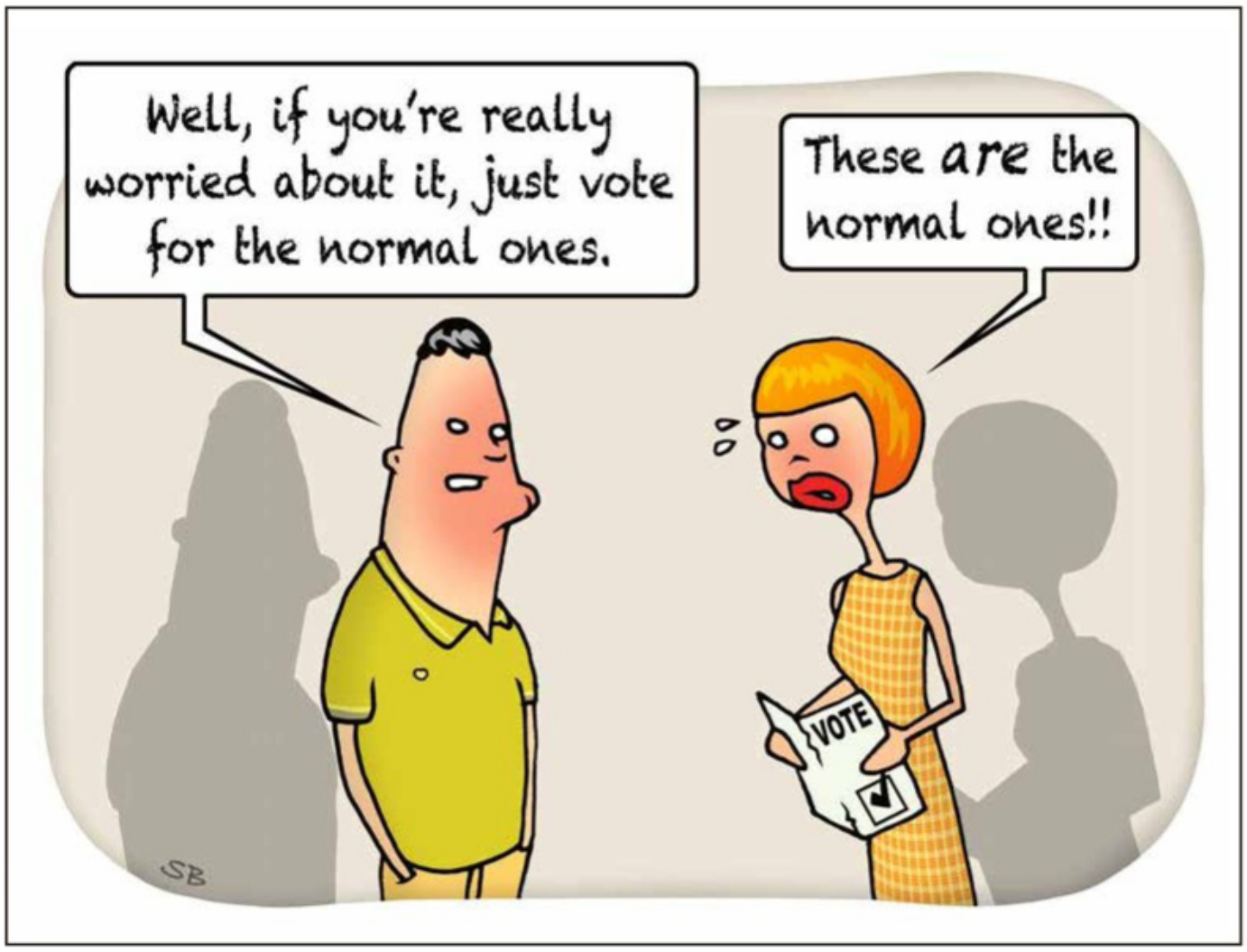
Before going to hospital, I put much thought into treatment selection and took advice and copious notes from my oncologist and my urologist. Each one had contrasting views about the effectiveness and side effects of surgery and the alternatives.

I never regretted the cost, time and effort spent on decision making because I knew once treatment started, there would be no changing course.

Tom McGrath
(Karori, Wellington)

FALSE CULTURAL PICTURE

There can hardly be a more loyal supporter of the arts in this country than Roger Horrocks. But Nicholas Reid's review (*Books*, August 27) of Horrocks' *Culture in a Small Country: the arts in New*



STEVE BOLTON

Letters to the editor {listenerletters@aremedia.co.nz}

The Editor, NZ Listener, PO Box 52122, Kingsland, Auckland 1352

- Letters must be under **300** words. Preference is given to shorter letters.
- A **writer's full residential address** is required on all letters, including emails. A phone number can be helpful.
- Pen names or letters submitted elsewhere are not acceptable.
- We reserve the right to edit or decline letters without explanation.

Quips & Quotes

"Three stages of career development are: I want to be in the meeting, I want to run the meeting, I want to avoid the meetings." *– Seen on Twitter*

"The ability to delude yourself may be an important survival tool." *– Jane Wagner*

"The strangeness will wear off and I think we will discover the deeper meanings in modern art." *– Jackson Pollock*

"Wit is the salt of conversation, not the food." *– William Hazlitt*

"To treat your facts with imagination is one thing, to imagine your facts is another." *– John Burroughs*

"We all survive more than we think we can." *– Joan Didion*

"Writing is hard work and bad for the health." *– EB White*

"Tell all the truth but tell it slant." *– Emily Dickinson*

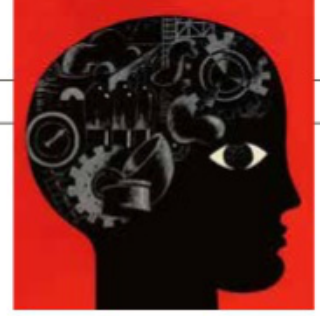
"The problem with carbon offsets is everyone wants to believe in them. Buyers want a cheap way to make a big claim, and sellers want money for doing as little as possible." *– John Oliver on the overstated promises of corporate carbon neutrality through "carbon offset" schemes*

"You can't make up anything any more. The world itself is a satire. All you're doing is recording it." *– Art Buchwald*

"Poetry heals the wounds inflicted by reason." *– Novalis*

10 Quick Questions

by GABE ATKINSON



1. Often featured in the comic book series *Asterix*, what kind of thing is a menhir?
❑ *Magic potion*
❑ *Blacksmith's tool*
❑ *Stone monolith*
❑ *Musical instrument*

2. Which of these is the title of an acclaimed 1977 play by New Zealander Roger Hall?
❑ Life with Father
❑ Middle Age Spread
❑ Cloud 9
❑ What the Butler Saw

3. Who is New Zealand's leading wicket-taker in test cricket?
❑ *Richard Hadlee*
❑ *Tim Southee*
❑ *Daniel Vettori*
❑ *Trent Boult*

4. Which country includes the large islands of New Ireland and New Britain?
❑ *Samoa*
❑ *United States*
❑ *Canada*
❑ *Papua New Guinea*

5. What does a pullet become when she reaches one year of age?
❑ *Sow*
❑ *Hen*
❑ *Ewe*
❑ *Cow*

6. Which of these artworks includes a depiction of Halley's Comet?
❑ The Last Supper
❑ Girl with a Pearl Earring
❑ Bayeux Tapestry
❑ The Scream

7. What colour was the Chanel suit worn by Jacqueline Kennedy on November 22, 1963?
❑ *Turquoise*
❑ *Black*
❑ *Pink*
❑ *Indigo*

8. True or false? It was once possible to catch a single bus from London to Calcutta.
❑ *True*
❑ *False*

9. Which calendar date is always the least-common day for people to have birthdays on?

10. In the international phonetic radio alphabet, what is the code-word for the letter "Q"?
❑ *Quartet*
❑ *Quiver*
❑ *Quiche*
❑ *Quebec*

Answers on page 58.

Zealand reveals that excluded from the book for space reasons are theatre, dance, jazz and craft. Between them, these art forms cover well over half of this country's art practitioners.

According to Horrocks, essays have already been written on these areas. It was surely irresponsible of the publisher not to find a way to include them, or edit the work as a whole to make sure they were included. As it is, it is painting a false picture of our cultural scene.

Roger Hall
(Takapuna, Auckland)

BIOFUELS

I am perplexed by and strongly disagree with David Keat's description of the sustainable biofuels obligation as a blunder (*Upfront*, August 13).

Most of his opinion piece misses the meaning of sustainable. The mandate will not mean the importation of any and all biofuels.

Keat suggests we will use fuels derived from palm oil produced in Indonesia and Malaysia. No one in New Zealand would argue for the use of palm oil-derived fuels grown on land that used to be orangutan habitat. The biofuel obligation being proposed will require that biofuels be from sustainable sources and certified as such.

We don't have lots of waste vegetable oil or tallow to make biodiesel, but we do have many millions of tonnes of wood, in the form of woody residues and lower-quality logs derived from our sustainably managed plantation forests.

There is sufficient lower-quality woody biomass in this country to make in the order of 800-900 million litres of liquid biofuel a year. Converting wood to liquid fuels is being done internationally: manufacturing facilities operating commercially using thermo-chemical conversion of woody biomass are new, but they exist.

More wood resource could easily be grown, as there is at least a million hectares that would be better in trees than sheep in terms of the financial and environmental outcomes. When the beneficial effects of sustainable biofuels on GDP, employment, environment and fuel-supply security are considered, it seems an obvious solution.

The lack of sustainable biofuels to import could drive the development of a new, fully domestic, low-carbon industry that ultimately enhances society's well-being.

The answer to reducing transport emissions is not electrification, hydrogen, more active transport or biofuels; it's all of them, contributing according to their fit to the many and varied transport demands we have.

Peter Hall
(Rotorua)

REDUCING THE GAP

Terry Carson (*Letters*, August 6) reminded me of the time when, from 1957 to 1966,

I worked in the Land Transfer Office/ Land & Deeds Division of the Justice Department.

I was very familiar with the various forms of government assistance to help people into their own homes. As well as the deferred payment licences offered by the Crown and the Department of Māori Affairs, there were State Advances Agreements for sale and purchase, and the long-term leases with a right to purchase that Carson mentions.

I saw subdivisions in the names of private companies, with maybe 100 sections with basic three-bedroom houses being built for sale. Many were bought by investment companies (insurance companies) for leasing with the option to buy. There were also 3% State Advances loans made available to low-income families, or the Family Benefit Capitalisation, both of which were a great help for some families.

KiwiBuild seems out of reach for many, though Kāinga Ora appears to offer many of the benefits available before Labour finance minister Roger Douglas opened the door to capitalism (and greed) with privatisation, which destroyed the level playing field.

However, much more is needed to demolish the gap between the rich and the poor.

Kathleen Kenrick
(Roslyn, Dunedin)

WEATHER EYE

If ever there was a need for both accurate and efficient weather forecasters, it is now, because climate change is making inexorable progress and at a much faster rate than expected ("Bleak forecast", August 27).

The government is keenly aware of this, so it is imperative it allows Philip Duncan of WeatherWatch and other private weather forecasters to replace the National Institute of Water and Atmospheric Research, because, as Tony Trewinnard observed, government forecasters worldwide are becoming less relevant.

Brian Collins
(Petone, Lower Hutt)

DIVERSITY OF VIEWS

It is good to see the *Listener* leading the way once more with Andrew Anthony's column about Salman Rushdie (*Bulletin from London*, August 27). The ability to express diversity of views and to criticise and satirise is absolutely fundamental for a fully functioning democracy.

Satire and mockery are crucial tools as they point out absurdities and deflate demigods and "holy cows". However, people find it much easier to laugh at others and their absurdities than at themselves.

Activists, no matter their stripe, have a propensity to be humourless, dour and, at times, somewhat sanctimonious; the ongoing agitation regarding the implementation of hate speech laws is a clear example.

The use of censorship should be reserved for exceptional circumstances, such as encouragement to commit violence, otherwise we run the risk of starting down the slippery slope to a potential Putinesque legal system. Which is hate speech: Rushdie's novel, *The Satanic Verses*, or a government-aligned paper in Iran or Pakistan that celebrates and encourages the attempted murder of a writer?

Unfortunately, as Anthony hints at, political activists and academia have increasingly sought to disable dissention from their particular points of view by labelling such dissention as racist, transphobic, etc.

If New Zealand wishes to enhance its democracy, academic institutions and politicians need to be at the forefront of protecting and enabling critical views to be expressed and openly discussed, rather than inhibiting discourse divergent from their own, as they do now.

Julius Williams
(Palmerston North)

CORRECTION

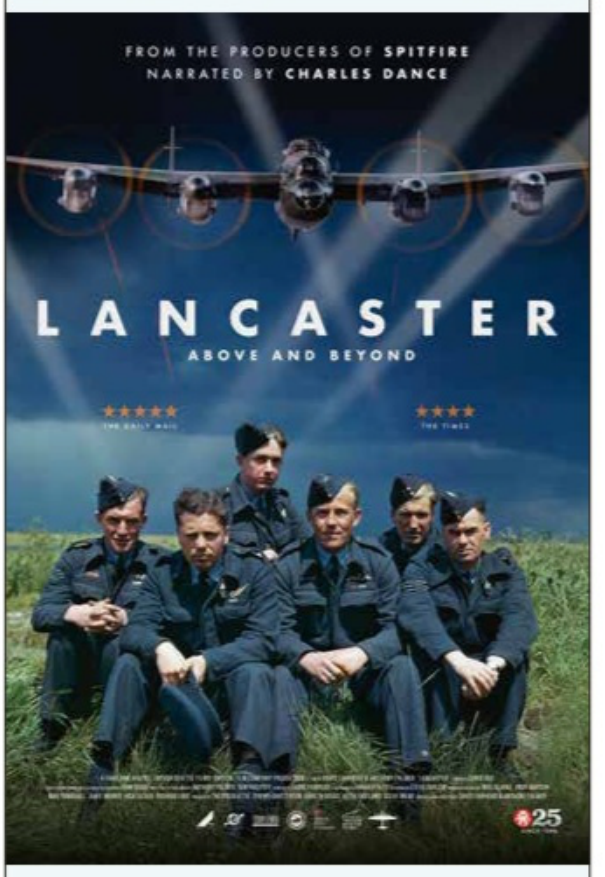
In last week's issue, the caption on page 27 incorrectly identified Ōwhiro Bay as Breaker Bay. The caption should have referred to a MetService warning issued for Wellington's south coast, including both Ōwhiro Bay and Breaker Bay.

Letter of the week prize

A deeply moving and unflinching debut following a young Vietnamese-Australian woman who returns home to her family in the wake of her brother's shocking murder, determined to discover what happened. It's a dramatic exploration of the bonds and obligations of friendship, family and community.

READER PROMOTION

WIN A DOUBLE PASS TO *LANCASTER*



The Listener is giving readers the chance to win tickets to *Lancaster*.

Lancaster **is the story of the iconic WWII bomber told through the words of the last surviving crew members, remastered archive material and extraordinary aerial footage of the RAF's last airworthy Lancaster.**

From the producers of SPITFIRE.
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WE HAVE 10 DOUBLE PASSES TO GIVE AWAY

To enter, email listenergiveaways@aremedia.co.nz with LANCASTER in the subject line.

CATHRIN SCHAER

Cooler days, hotter tempers

It had been a lovely summer holiday in Italy, but now the slightly too-tanned, pasta-fed passengers in the back of the taxi were brought back down to earth.

"I've had enough of this," their cab driver scowled at them in the mirror, as he navigated the motorway from Berlin's airport. "Enough! First, all these stupid rules about vaccinations. And now we have to pay so much more for everything. A nice life is impossible here. Something's got to change."

A taxi ride in the big city often comes with a controversial opinion. But somehow this burly fellow's revolutionary vitriol was sharpened by the fact that he was also, as he declared later while easily tossing our luggage around, a mixed martial arts fighter.

Before the leaves even turn brown, this furious, fist-fighting cabbie may well be a sign of the season to come, an indicator that the so-called "summer of solidarity" with Ukraine is done. Now, we're apparently facing what some German security agencies warn will be a "Wut-Winter". That is, a "winter of rage".

Senior local politicians have warned of a "populist revolution", growing societal divisions and increasing online radicalisation. Local sociologists predict more demonstrations this autumn from both the far-right and far-left.

Rising prices and inflation, the return of Covid-19, anxiety over the war in Ukraine and just general dissatisfaction are all seen as being behind a rising tide of frustration in Germany.

For example, as energy prices go up – a year ago, an average household paid €1306 (about $2100) for their annual gas bill; this year, it will be €3717 ($6000) – some are conjuring up the ghastly spectre of pensioners freezing to death in unheated apartments and low-income families forced to choose between food and warmth.

Fuel for discontent: Germans face big rises in energy prices this winter.

GETTY IMAGES

Now, we're apparently facing what some German security agencies warn will be a "winter of rage".

Right-wing extremists and conspiracy theorists see this as an opportunity to gain support, Pia Lamberty, co-director of the Berlin-based Centre for Monitoring, Analysis and Strategy, told local media.

It's not just Germany, either. In mid-August, French President Emmanuel Macron made like some mystical sage in *Game of Thrones*, warning in a speech that winter was coming. Rising costs of food and fuel were the price France would have to pay "for our liberty and values", Macron argued.

So, are we really about to see burning cars and riots on our continental streets? Should New Zealanders be packing emergency rations for that much-anticipated trip to Paris or Berlin?

It's hard to say. German politicians and analysts have all pushed back against any suggestion of nationwide rebellion. We're only talking about an extremist minority, German Minister of the Interior and Community Nancy Faeser recently said.

The German government has also done things to ward off outraged revolutionaries, such as reducing taxes on natural gas, petrol and diesel, introducing cheaper public transport, providing low-income earners and beneficiaries with a one-off payment and setting new rules for how warm offices and places like public swimming pools can be over winter.

At the same time, though, a mid-August poll shows that about 65% of Germans are unhappy with their government's performance. State and regional politicians from across the political spectrum have even sent letters to the federal government saying they fear the middle class will soon not be able to cope. This endangered group guarantees "our social peace", one of the missives warned.

So, it's hard to know just how rage-filled this winter will be. For now, we'll just take advice from the graffiti freshly scrawled on the wall by where the angry cabbie dropped us off. "Cold showers for victory!" it proclaims. Hopefully that, and maybe a couple of woolly jumpers, is all it'll take. ▮

Cathrin Schaer is Middle East editor for German public broadcaster dw.com, and lives in Berlin.

RUSSELL BROWN

Fine line in opposition

On a recent Saturday in Auckland Domain, the Freedom and Rights Coalition, a group of indistinct purpose ordained by Destiny Church founder Brian Tamaki, held a "Kiwi Patriot Day and March", at which he promised tidings of a new political alliance, guest speakers and food trucks.

Tamaki has offered his wares at a series of such events in the past year. Just two weeks before, he had, like Moses, led his people to the Promised Land. Well, actually, to the Southern Motorway, which Aucklanders will know offers roughly the opposite of salvation. There, the few hundred parted the sea of traffic and won themselves a spot on the evening news.

On this Saturday, however, there was something new: a counterprotest. If the name of the initiative – FARC Off Brian – was a little provocative, the counterprotest itself was benign. A hastily arranged Facebook group had been primed with entreaties to neither seek trouble nor respond to provocation. Some of the group of 200 or so had even donned colourful costumes to dispel any potential sense of threat.

Some of Tamaki's people had other ideas. While the counterprotesters gathered at the base of the museum, several dozen from the FARC event came about 300m up the hill. It was easy to see who was who – face masks may have been of limited benefit outdoors on a hill, but the wearing of them, or not, was a useful demarcator of whose side anyone was on.

Some simply stood and scowled, but one young man walked through the crowd with a GoPro camera on a stick – his pictures would later be published on a conspiracy group page where individuals were collectively identified, for whatever purpose.

One man in his twenties, wearing a tino rangatiratanga flag as a cape, was more aggressive, shouting and shoving a counterprotester in a lime-green clown wig who stood passively in his way.

His mate wore a beanie and a "Z" symbol painted on his cheek that appeared similar to the so-called "zwaztika" adopted by supporters of Russia's murderous adventure in Ukraine.

Police and Māori wardens swarmed quickly to defuse the stand-off, but another disturbance began a few minutes later. This time, it was Damien De Ment, who was described in Stuff's recent documentary *Fire and Fury* as an "extreme-right conspiracy theorist" and "a superspreader of false claims, racism and appeals for violence". He's a kind of dollar-shop Alex Jones.

I used my phone to capture a video of De Ment trying to break through the crowd to the speaker's mic and being rebuffed by young men and middle-aged women, who turned their backs on him. Frustrated, he did a puzzling dance and was then surrounded by police officers, who seemed aware of who he was.

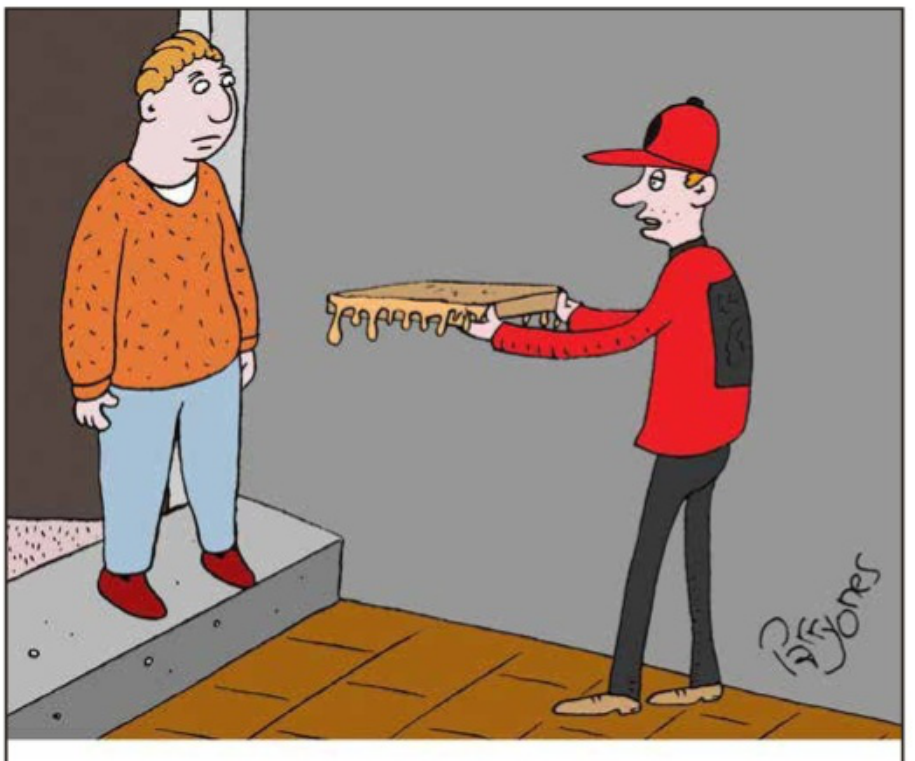
As I left on my bike, the North Shore naturopath Lynda Wharton, a tireless spreader of Covid nonsense, was addressing about 500 people from FARC's stage. She professed shock that no scientists had raised the alarm about an alleged wave of vaccine injuries showing in New Zealand's Centre for Adverse Reactions Monitoring database.

Resisting hate and disinformation without demeaning the people it's pitched to isn't easy, but it's necessary.

"It's because they know what they're looking at, you f--ing idiot," I shouted.

A group of young Māori kids looked at me, startled. I immediately felt bad. None of this was their fault. They'd just come along with their families. There's a broader issue, too, of the way a group of mostly middle-class Pākehā protesters relate to brown folk drawn by Tamaki and his fellow travellers.

Resisting hate and disinformation without demeaning the people it's pitched to isn't easy, but it's necessary. *Fire and Fury* depicted a genuinely threatening plague of horrible, often violent ideas. Simple reason will get you only so far with that. But flooding the zone with kindness might carry us the rest of the way there. ▮



"It was a pizza but now it's a slider. I had it on the back seat."

PARRY JONES

Russell Brown is a freelance journalist based in Auckland.

BILL RALSTON

A hiding to nothing

My definition of "bullying" was an ancient one based on my schooldays. It was when someone bigger than you put you in a headlock and pummelled your head with their fists. Today, the word has a much wider meaning.

Jenny Afia, lawyer for Meghan, Duchess of Sussex, had a good definition: "What bullying actually means is improperly using power repeatedly and deliberately to hurt someone, physically or emotionally." She denied Meghan had bullied palace staffers. In fact, it was the Duchess who had been bullied by the palace, she claimed.

That is often how bullying accusations play out: one person is accused of it, and they respond by accusing others of doing it to them. MP Gaurav Sharma is a case in point.

To be honest, I don't care whether Sharma was bullied by the Labour whips and the ninth floor of the Beehive. Anyone who goes into politics needs to be tough and give as good as they get in a world where positions are often vehemently put in an aggressive manner. What concerns me more is the claim that he somehow bullied his staff who, after all, should be regarded as non-combatants in the daily war of words that goes on in Parliament. Staffers are just doing their job, for better or worse.

The other day, I had lunch with someone who had recently worked for an MP, but fled after several months as a result of the politician's bullying, harassment and bitchiness. My lunch companion is very capable and comes from a work background that demands a large element of toughness, but they were obviously shaken by the experience of having been on the wrong end of an MP who exhibits the classic characteristics of a bully, using their power to deliberately and repeatedly hurt someone emotionally.

I expect that bully of an MP will get their comeuppance – their behavioural characteristics are too well entrenched for them to change – and I'll be standing on the sidelines when they, too, go down publicly like Sharma and National's Sam Uffindell.

At least in the Uffindell case we have an investigation of the circumstances by a lawyer, Maria Dew, QC, who is highly experienced in inquiring into workplace bullying and bad corporate cultures. Having an inquiry – albeit one whose detailed findings are to be kept secret – is better than the case of Labour and Sharma, where a cloak of invisibility was draped over the affair and the party attempted to sweep him under the caucus carpet.

He said he had evidence of how he and other Labour MPs were bullied and, also, how they were instructed in ways to avoid the political bear trap of the Official Information Act (OIA). He said he would release this evidence only when he was given an inquiry into his accusations.

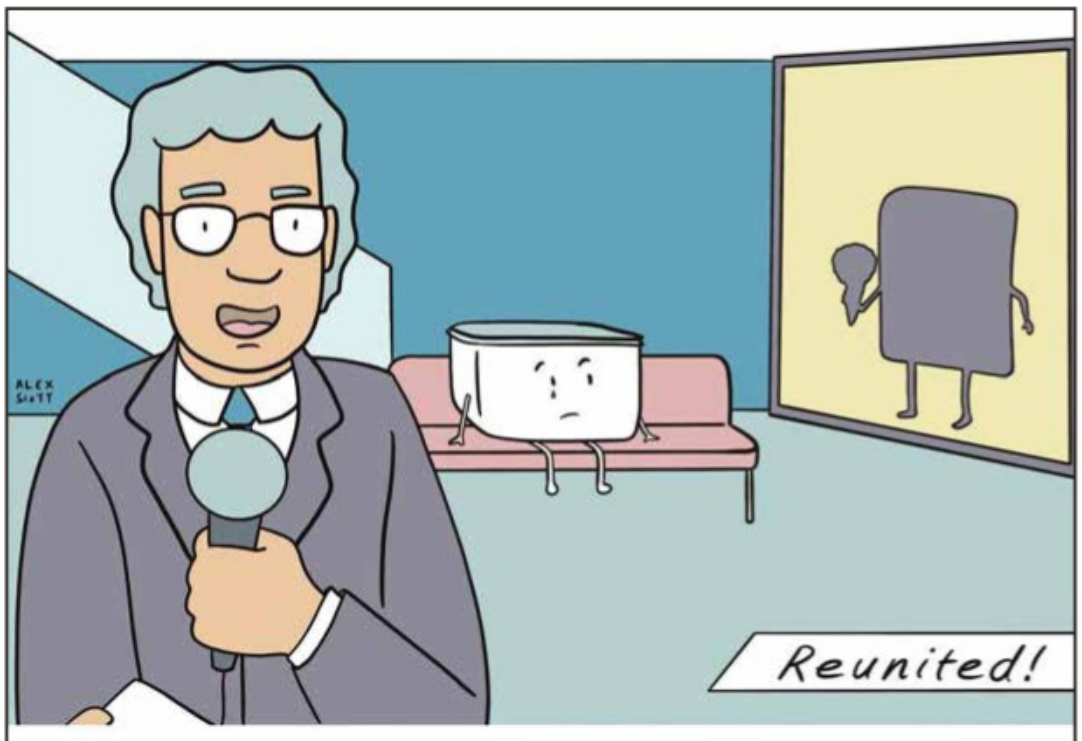
Sharma had it back to front. He should have produced the evidence and an inquiry would have been more likely.

Sharma had it back to front. He should have produced the evidence and an inquiry would have been much more likely to occur, rather than simply waiting for one to magically appear because of his allegations.

What worries me most is his allegation that the government trains its members to hide material from the OIA. That law is one of the few ways the press gallery and the public can ever hope to find out the reasons for a political decision, other than blithely listening to a politician's spin on the matter.

The OIA works imperfectly, but sometimes, albeit usually after an inordinate amount of time, it can deliver the goods and contribute to better public understanding of what has been going on.

Come on, Dr Sharma, dump what you've got so we can be the judge. ▮



"Connie here was separated from her lid during an unexpectedly busy office lunch hour four months ago. Connie, are you ready to see who's behind that door?"

ALEX SCOTT

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STEPHEN DAVIS

Lunch-box conspiracies

A few years ago, the *Otago Daily Times* ran a feature article about a food blogger who wanted to help busy mums confused about what they were supposed to be feeding their children.

The blogger was on a national tour, "Mothers on a Mission – For a Kids Lunchbox Revolution", which emphasised eating a sustainable, nutrient-dense, toxin-free, wholefoods diet.

The profile noted her seemingly sensible suggestions – "People needed to know more about where their food came from and to eat seasonally", and "Parents needed to have strategies in place to make it easier for themselves to put real food in there."

The blogger, a former lawyer, was also campaigning to get the New Zealand and Australian health-star rating system for packaged food and drinks abolished, and it was not just the *ODT* that showcased her views – she was also interviewed by such media luminaries as Jack Tame, Mike Hosking and Kathryn Ryan.

The key, blogger Claire Deeks told the *ODT*, was that "[the tour] is a portal for people to come to get trusted information".

Deeks' view of what constitutes trusted information has a whole new context now. She is a founder of Voices for Freedom, the local group driving an increase in mis- and disinformation and violent rhetoric, the subject of a superb Stuff Circuit documentary, *Fire and Fury*.

Deeks has outlined sinister plans to make the country difficult to govern, starting with getting Voices for Freedom candidates elected to local government while hiding their backgrounds.

But she is also an example of a growing trend linking wellness culture to the promotion of conspiracy theories. Her journey from food blogger concerned about children's lunch boxes to adopting extreme anti-government rhetoric is one being followed by many.

Voices for Freedom's Claire Deeks: a "platinum wellness advocate".

One important link between wellness and conspiracies is making money by selling you alternative medicines.

In my research into information disorder over the past five years, I have found many such cases in New Zealand, people whose distrust of medicine and science easily spills over into a belief in conspiracies.

Overseas researchers have labelled it Conspirituality, or the Wellness-Conspiracy Complex.

Stephanie Baker, a London sociologist who studies wellness influencers, noted there is a quest for "purity" and "raising awareness and consciousness" at the heart of wellness culture that makes it particularly vulnerable to conspiracies. She told the *New York Times* that she "noticed that practices that were prevalent in wellness – things like doing a cleanse, taking supplements to rid one's body of vague "toxins" and experiencing "ascension" or "awakening" – shared an underlying moral framework with such political slogans as "Drain the swamp" and "Make America Great Again". People who refused to get Covid vaccines often point to a feeling of being clean; some even called themselves "purebloods".

Fascist groups worldwide tend to be anti-vaccine to stay "pure."

But even seemingly innocent wellness interests can send you down the rabbit hole.

Some of the most fanatic conspiracy theorists I have encountered in New Zealand are yoga instructors.

Investigative reporter Matthew Remski, who has studied the trends overseas, argues people immersed in the yoga and new age worlds are trained in spiritual values that easily link with conspiracism.

"They gain insight or relief from believing that nothing is as it seems, everything happens for a reason, and everything is connected."

(I am sure there are many sensible yoga devotees out there, but I have always been fascinated by the fact that the Nazis loved yoga as a means for achieving a pure Aryan body.)

Of course, there's one other important link between wellness and conspiracies – making money by selling you alternative medicines. Unregulated health products are big business; you can get wealthy selling vitamins as a cure for everything or products like a toothpaste that "kills the Covid virus".

Deeks has been a "platinum wellness advocate" for dōTERRA, an international marketing company that sells "essential oils". The US Federal Trade Commission had to issue a formal warning to dōTERRA about social-media posts that "unlawfully advertise that certain products treat or prevent Covid-19". ▮

Stephen Davis is a Dunedin-based investigative journalist, educator and author.

JANE CLIFTON

On reflection

The labour shortage has forced Labour to rethink its immigration stance yet again. But what comes after reset and rebalance?

In any parenting manual, the government's handling of immigration settings would be a stock example under the chapter headed, "You're Doing It Wrong".

No, it told clamouring, staff-hungry businesses, it's time to wean you off cheap, imported labour and on to solid, home-grown fare. Train more local people. Pay them more. Improve their conditions. And if that doesn't work, raise a chunk of capital and automate.

In its flintier moments, the government even told starving businesses they should consider quitting doing horticulture or hospitality or whatever it was that they couldn't get staff for. Maybe the economy didn't need it.

The Productivity Commission, in an interim report on immigration, went further, saying labour issues could be a telling symptom that whole existing industries here might not be worthwhile.

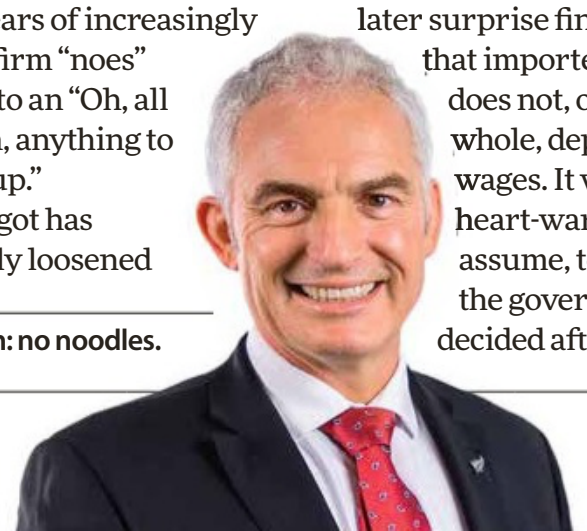
But suddenly this month, several years of increasingly loud and firm "noes" turned into an "Oh, all right then, anything to shut you up."

The spigot has been newly loosened on several large categories of cheap imported labour, and without even an accompanying lecture on how this couldn't go on indefinitely.

Apparently, it could. The protracted global labour shortage has loosened spigots even more generously among many of our trading partners. Competition for unskilled labour for care homes and horticulture is no less keen than that for doctors, nurses and engineers. Britain has just caved on the Brexit anti-immigration ethos, with a blatant global trawl for aged-care workers.

Suddenly, several years of loud and firm "noes" turned into an "Oh, all right then, anything to shut you up."

The ink was barely dry on New Zealand's Immigration Reset when this major retreat from principle occurred. It would be nice to think this "rebalanced" reset came after mature reflection on the Productivity Commission's later surprise finding that imported labour does not, on the whole, depress local wages. It would be heart-warming to assume, too, that the government decided after all to trust long-time scholarship demonstrating that immigration is a rising economic and social tide generally. But the prime driver was more like panic. The political and ethical bind entailed in sitting righteously on one's Labour principles while blameless businesses face collapse during the teetering point of a world recession certainly focused Beehive minds.



Stuart Nash: no noodles.

NOT AT ANY PRICE

A further spigot-loosener has been the realisation that it's not stingy New Zealand employers' fault, but rather that most developed countries have similar labour problems, notably with horticulture and aged care. Locals the developed world over will simply not do the work at any price, and though it sits ill with egalitarian idylls, only workers from poorer countries will do it.

Automation is one future solution. New Zealand already has several robotics companies doing stellar work in this area, from packing apples, to picking kiwifruit, to stacking pallets. And the Japanese are famous for their aged-care automatons. But it's likely to be some time yet before Kiwis are using robots as builders' labourers or gourmet chefs.

The new exemptions mean employers can pay less than the median wage for imported aged-care, meat-industry, adventure tourism, skifield and fishing-boat workers. There's also a revamped package for seasonal Pasifika workers and a doubling of the working-holiday quota.

The latter workforce is a great example of "you don't know what you've got till it's gone". While Tourism Minister Stuart Nash made world headlines this month declaring New Zealand did not want impecunious, instant-noodle-eating tourists, it turns out the wineries, orchards, bars and restaurants that service the rich, big-spending visitors we do want can't survive without noodle-power. The labour force provided by low-budget-holiday workers turns out to be quite an economic powerhouse.

The politics of all this are probably neutral. Unions are furious about the backtracking on the median wage floor as applied to immigrant workers. But that's hardly going to make

them vote National. As for business, Labour has made such a fetish of saying no to it on immigration that the backdown is being greeted with "And about time, too!" rather than "Two ticks Labour". Further easing of restrictions seems inevitable. The only question is what the next batch will be called, as "reset" and "rebalance" now have rather long mileage.

TESTY EXCHANGE

Meanwhile, the classic story of the typical immigrant family's rising tide hit a sandbank this week with the expulsion from Labour's caucus of Indian immigrant and medical doctor Gaurav Sharma – for reasons still not clear.

He says key Labour figures, including the Prime Minister, have bullied him, but has yet to say how. All we know is, he took exception when the party whips disapproved of his handling of staff, and one testy exchange led to another. The nature of the alleged beastliness to which he believes himself to have been exposed remains unclear.

It seems possible that the inquiry he wants would find that disagreeing with assessments and instructions from senior colleagues does not make him a victim of workplace bullying. As for his publicly belligerent non-compliance, it's hard to see how it would play well in any workplace.

This could be a temperament issue, as it turned out to be for former Alliance MP Pam Corkery. As a seasoned and uningratiating talkback host, her voice alone could strip wallpaper at 10 paces, but she found she couldn't cope with what got dished out in her caucus.

Many people come to Parliament from workplaces where they've been treated like veritable deities – senior law partners, chief executives, school principals – and find themselves resentfully infantilised on the backbench. They stew in silence.

Many people come to Parliament from workplaces where they've been treated like veritable deities.

Sharma has pointed to private support from some fellow MPs, but none followed him into battle.

In this, he may have overprocessed the therapeutic whingeing and sledging lowly staff engage in about their bosses in every workplace. It's often little more than just letting off steam. He may simply be an outlier in failing to cope with the robust nature of Parliament.

Such sensitivity about one's own team bodes ill for a budding politician's ability to withstand excoriation from opponents and the media.

If Sharma finds even Jacinda Ardern a bit on the boorish side, imagine how he would cope in the rough and tumble of British politics. Among the assessments of Liz Truss, frontrunner to be Britain's next prime minister, former fellow Tory MP Matthew Parris just said this: "Liz Truss is a planet-sized mass of overconfidence and ambition teetering upon a pinhead of a political brain." ▮

CHRIS SLANE

Use it or lose it

Evidence is growing that regular exercise improves not just physical health but brain function and mental wellbeing. And we don't have to become gym bunnies to benefit. **by RUTH NICHOL • illustration by ANTHONY ELLISON**

Unlike our closest relatives among the great apes, we can't get away with spending our days lazing about doing nothing more strenuous than plucking the occasional piece of fruit from a tree.

We may share 99% of our DNA with them, but animals such as gorillas and chimpanzees can spend up to 20 hours a day resting, eating, grooming and sleeping without getting fat or suffering any of the health problems that plague modern humans, such as heart disease and diabetes.

Nor do they experience much in the way of anxiety or depression – at least when they're living in the wild.

As much as we would like to loll about in a similar fashion – and we have used our superior brains to engineer our lives so that most adults now spend 70% of their time either sitting or lying down – we're paying the price in terms of poor physical health and an epidemic of mental illness.

"We're now at a point where we can order food, we can date, we can entertain ourselves without having to move a muscle – we don't even have to get up to change the channel on the television any more," says British science writer Caroline Williams.

In her recent book, *Move! The new science of body over mind*, she says our increasingly sedentary lifestyle means that as well as declining physical and mental health, we're also weaker than we used to be. An American study of students aged 20-35 published in 2016 found that men's grip strength had fallen over three decades, with Millennial males able to exert just 44.5kg of force compared with the 53kg their fathers could exert in the same test in 1985.

"We're at a point where we can order food, date, and entertain ourselves without having to move a muscle."

That in itself is likely to be a contributing factor to growing levels of mental ill health.

"The link between physical strength and anxiety and depression is just so strong," says Williams. "That research has been around since the 1980s and you really can't argue with it."

IQ REVERSAL

We seem to be getting more stupid, too. Recent studies have found that after decades of rising IQs (known as the Flynn Effect, after the University of Otago professor the late Jim Flynn, who first observed the phenomenon in the 1980s), IQs among young people are starting to fall – what's known as the Reverse Flynn Effect.

Our levels of creativity are also falling.

Rhythm of life

If a sly kitchen dance makes you feel good, moving in time with others is even better.

Humans are one of the few species who dance, and while some of us would rather poke our eye out with a stick than dance in public, we're fighting against an instinct that is hardwired into us from the day we are born.

"Rhythmic movement is very much part of what makes humans tick," Caroline Williams writes in *Move!*

In fact, dance is so hardwired into us that, left to our own devices, we all dance at the same speed – about 120 beats a minute. This is the case no matter how tall we are – and it's probably no coincidence that it's the same speed that hits the "sweet spot" when we are walking.

"It's like our natural rhythm, which sort of blows my mind a little bit."

As it happens, 120 beats a minute is the dominant rhythm in a lot of pop music. And the way we dance to pop music is very similar to the way people from other cultures dance to different kinds of music – stamping our feet on the floor while punching our hands in the air and nodding our heads in time.

"If there is one form of dance that you could do anywhere in the world without looking too out of place, this is surely it," writes Williams.

Dancing can serve a similar role to brisk walking in boosting blood to the brain. But dancing can do other things, too. While jumping about in the kitchen on your own to pop greats like Stevie Wonder's *Superstition* – judged the most danceable tune out of 148 played to student volunteers in a University of California experiment in 2012 – will make you feel good, so will dancing together with others.

In fact, moving in time with others – even at a more sedate pace than that of the average pop song – seems to be good for our souls. Williams says this is probably because it helps blur the lines between us and the people around us. That in turn draws us together emotionally and physically and makes us more likely to co-operate with each other.

Toddlers who are bounced on someone's knee in time to music, for example, are much more likely to pick up something that has been dropped onto the floor and hand it back than toddlers who are bounced in a non-rhythmic way.

"There's something about moving in time with other people that makes us feel closer together and makes us care more about each other."

GETTY IMAGES

"One study from researchers at Stanford University reckoned that ideas were becoming harder to come by, that there were fewer creative ideas coming through than previously," Williams says.

And although our sedentary lifestyle is unlikely to be the only contributing factor to these changes, she believes it is an important factor. "It's a major lifestyle shift that has been happening. We're losing this way

"Low-level, all-day movement seems close to the ideal scenario for both body and mind."

of regulating our emotions, this way of protecting our brains from decline."

BRAIN-MOVEMENT LINK

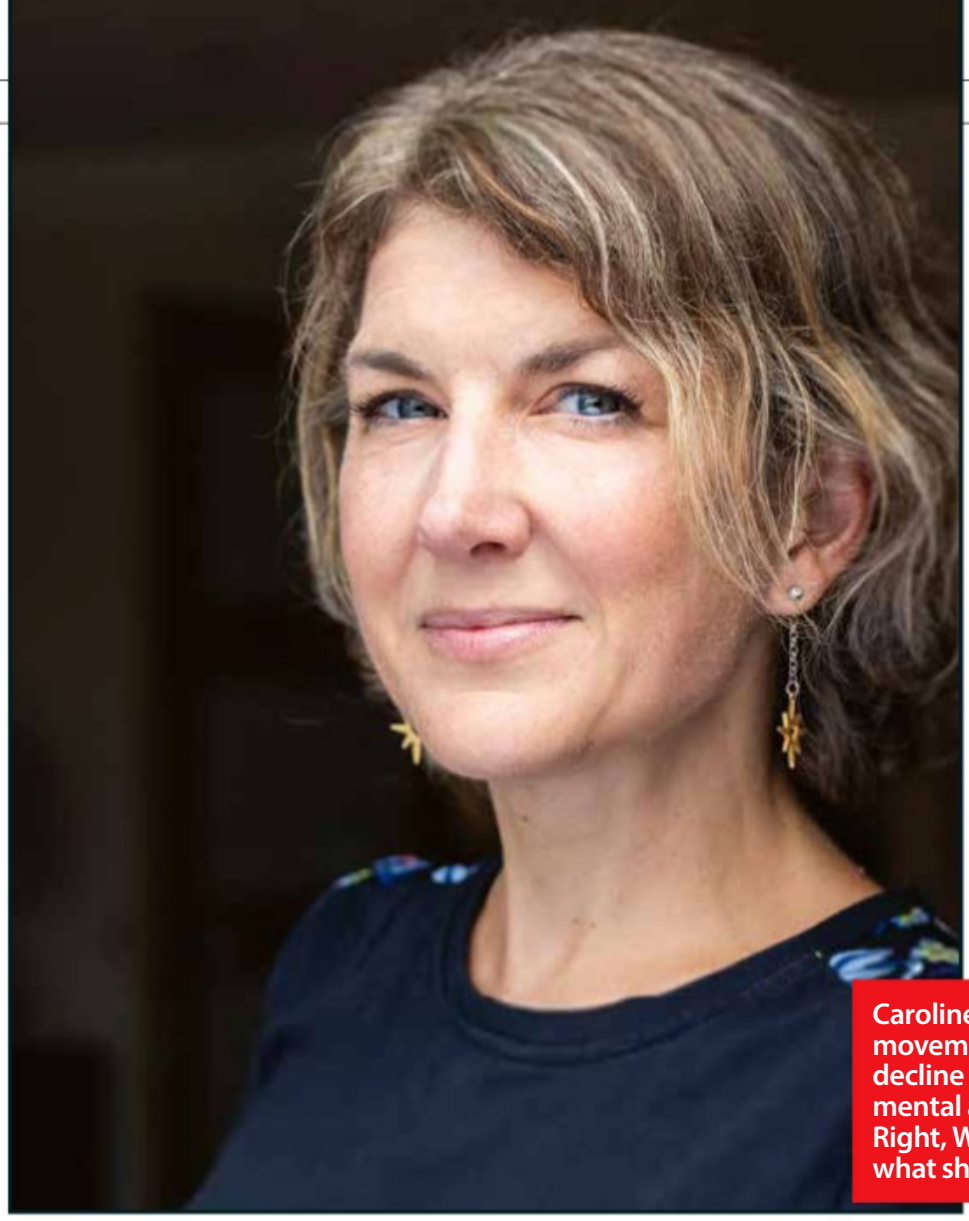
That's because, according to research by David Raichlen, who studies human evolution at the University of Southern California, changes in our brains that began four million years ago mean physical activity is essential for our physical, mental and cognitive health. That's when our ancestors stopped being ape-like animals who sat around in trees all day eating fruit, and started to explore. Over the next million years or so, they evolved to became hunters and gatherers who walked upright in search of food – and their brains became even more dependent on movement to function well.

"If you think of it in terms of hunter-gathering, we needed to be able to think better because we're quite puny animals; we're not that fast and we're not that strong," says Williams. "And so to survive we needed to be able to work together and to plan ahead and outsmart animals and navigate all these kinds of things."

The result is an inextricable connection between physical activity and what happens in our brains that goes well beyond producing feel-good hormones such as endorphins. The fact is, says Williams, we weren't born to be still. And, as she discovered when she started talking to scientists working in this area, there is now a rich body of research that helps explain why moving the body is so important for the brain and the mind.

As Raichlen puts it, we are "cognitively engaged endurance athletes".

His research suggests that our physiology became fixed so that, when we exercise, the brain responds by physically adding more capacity.



Caroline Williams: regular movement can reduce the decline in our physical, mental and cognitive health. Right, Williams practising what she preaches.

"Physical activity stimulates the brain to make new connections, more blood vessels, more blood, more brain cells, and the whole thing just works better when we're active," says Williams.

It follows, then, that the way to reverse the decline in our physical, mental and cognitive health is to start moving more. The good news is that doesn't mean signing up for regular HIIT classes (high-intensity interval training) or lifting weights at the gym.

Both those activities are better than doing nothing, says Williams, but it's more important to reintroduce the incidental movement that has become lost from many of our lives. That means doing things as simple as putting down our devices, getting out of our computer chairs, and taking regular breaks so that we move around more. Carrying our own shopping rather than accepting an offer of help or getting it delivered, doing gardening, or even cooking a meal rather than ordering takeaways can all increase how much we move.

"The real change we need to make is not necessarily shoehorning in more exercise but breaking down the amount of time we spend sitting. It's good to make a conscious effort to do more physically for yourself. It doesn't have to be complicated. It just has to be more of a habit."

As Williams points out, people from what are known as "blue zones" – societies whose members live longer, healthier lives, with less dementia and fewer mental-health issues – don't work out at the gym.

"They just have more movement as part of their everyday life, which admittedly is harder to do if you've got an office job."

On the Japanese island of Okinawa, for example, a blue zone where people are 40% more likely to reach the age of 100 than in other parts of Japan, everyone eats at low dining tables, which forces them to maintain lower body strength well into old age.

"Older people are constantly hopping up and down from the floor, and we know that leg strength is correlated with all kinds of long-life benefits. Essentially, every time you stand up off the floor, you're leg-pressing your entire body weight. Do that several times a day and you don't need to go to the gym."

"Physical activity stimulates the brain to make new connections. The whole thing just works better when we're active."

As she explains in the book, the Hadza – a group of modern hunter-gatherers in Tanzania who live more or less as our ancestors did – don't do formal exercise, either. The men walk an average of 11km daily, hunting with bows and arrows and climbing trees to collect honey. The women walk around 6km and dig for tubers using a sharpened stick.

"It's not easy work, but it's not a HIIT session, either," she writes.

One study found that the Hadza use roughly the same number of calories a day as the average Westerner, but they use them more efficiently. Another study found they live as long as we do, and are both healthier and happier.

"Low-level, all-day movement seems to be close to the ideal scenario for both body and mind – keeping the mental and physical cogs oiled, and blood, lymph and all our other bodily fluids moving on the inside in ways that support thinking, feeling and moving."

Move! outlines six areas we can concentrate on to introduce more movement into our lives: walking, building strength, dancing (see "Rhythm of life", previous page), working the core — including having an upright posture (see "Shoulders back!", page 20) — stretching and deep breathing.

THE SWEET SPOT

Walking is the first obvious area to start making changes. There's continuing debate about exactly how much we should walk each day – it turns out the much-touted goal of 10,000 steps was probably plucked from a Japanese advertiser's mind.

But more walking is definitely better. The Hadza people walk between 8000 and

Researcher Elizabeth Broadbent: focused on the effects of posture on mood and memory.

Shoulders back!

Good posture can lift your mood, and reduce anxiety when you're under stress.

It turns out our teachers and parents were right: standing (or sitting) up straight is good for us, though not necessarily because it makes us look less slovenly.

Experiments by Elizabeth Broadbent, professor of psychological medicine at the University of Auckland, have found that sitting or standing with an upright posture makes us feel less stressed in situations such as giving an impromptu speech to strangers.

She and her colleagues have so far published three studies looking at the role of posture in the way we deal with stress and it's clear that sitting or standing up straight helps promote a more positive attitude and reduces our anxiety.

In one experiment, which involved preparing and giving a short speech while walking on a treadmill in either an upright position – with shoulders back and looking straight ahead – or hunched over and looking at the ground, the upright walkers reported feeling more alert and marginally more confident and in control than the slouchers. They were also found to have lower blood pressure and lower skin temperature, both of which tend to rise when we are feeling stressed.

"It does seem that the posture you're in alters your physiology and it alters the feedback in your body," Broadbent says.

She first became interested in the importance of posture when she noticed that her own mood often lifted if she straightened herself up and put her shoulders back while out walking. She wondered if this was the case for others and embarked on research that has found that other people do, indeed, have a similar response.

More recently, she and her team have looked at the role of posture on memory, as well as how looking down at our mobile phones while we walk affects our mood. Both studies have been submitted to academic journals but have not yet been published.

No one has come up with an explanation for why posture helps regulate stress. Science writer Caroline Williams suggests some undiscovered link between engaging the core and what happens in the brain may hold the key. Broadbent suspects the reason is likely to be more complicated. But she has no doubt that changing our posture is a useful way of changing our mood.

"If you're in a stressful social situation and want to feel more confident, more alert and more positive, then standing upright, putting your shoulders back and lifting your chin can definitely help."

15,000 steps a day, and Williams says that's a good target to aim for.

"If you don't get to that, it's not terrible, but people who are averaging two to three thousand steps a day should increase that. However, if you're getting seven to eight thousand, you're probably fine – if you're doing two half-hour walks a day you're probably not far off that figure."

"Some of our greatest thinkers would wander the hills and think big thoughts, but we're not doing that any more."

Ideally, we should walk at a brisk pace – about 120 steps a minute. "That is like a sweet spot where your heartbeat synchronises with your step rate and it gives a boost of blood to the brain – which might help explain why a brisk walk perks you up."

But if a brisk pace isn't always your bag, there are also advantages to walking at a more leisurely pace. That's because meandering seems to switch off activity in the pre-frontal cortex, whose role is partly to act as a brake on fanciful, "outside the square" thinking. Switching this process off can boost creativity.

"It's an easy way to put the brain into the right zone. Some of our greatest

Space, man: astronauts have experienced cognitive decline through being unable to use their body weight; yoga, right, helps put breathing into an ideal rhythm.

thinkers would wander the hills and think big thoughts, but we're not doing that any more. So, walking is like this multi-use tool for getting the best out of your brain."

MOOD-ALTERING HORMONE

Simply being upright – and thus working against gravity – seems to be an essential part of the process. One of the more surprising research findings Williams reports on is that putting weight on our bones makes them release a hormone called osteocalcin, which plays an important role in brain health. "It goes into the blood and talks to the brain and improves memory, and it has a role in reducing anxiety as well. So, it's like this mood-altering, mind-altering hormone that is only released if we put weight on to our bones and challenge them as part of the bone-building process."

Some studies have found a link between low levels of osteocalcin and Alzheimer's. Others have linked the loss of bone mass seen in osteoporosis to an increased risk of cognitive decline. Astronauts also seem to suffer short-term cognitive problems after a gravity-less stint in space, as do people who have experienced prolonged bed rest.

"It is now emerging that these things are very much connected by one strange and surprising fact: our bones are in constant conversation with our brains," Williams writes. "What they talk about depends very much on how much we ask our bones to move while also resisting the pull of gravity."

Williams has found that the rate at which we breathe also has a sweet spot. Humans are the only species that can control the rate of their breathing, something that seems to have happened in order for us to be able to speak. This helps control our brainwaves, which range from the high-frequency Gamma waves associated with problem-solving and concentration to the slow Delta waves of sleep.

Taking six breaths a minute favours Alpha brain waves, which help calm the nervous system and relax the brain.

Slow, deep breathing can help boost Alpha brainwaves that are associated with being relaxed and reflective. It seems that taking six breaths a minute favours Alpha brain waves, which help calm down the nervous system and also puts the brain into a more relaxed state.

Interestingly, studies have found that relaxing activities such as reciting the rosary in Latin or chanting Eastern chants or doing yoga put our breath into a rhythm of about six breaths a minute.

"This is something that we seem to have worked out as a species, sort of by accident. Breathing at six breaths a minute is, to all intents and purposes, a shortcut to a sense of calm and contentment."

But whether you're reciting the rosary, doing yoga or simply sitting in a chair while you practise slow breathing, it's important to breathe through your nose rather than your mouth. That seems to be because breathing through the nose allows air – and information – coming in from the outside world to pass over the sensory neurons in the olfactory bulb, creating a nose-to-brain hotline.

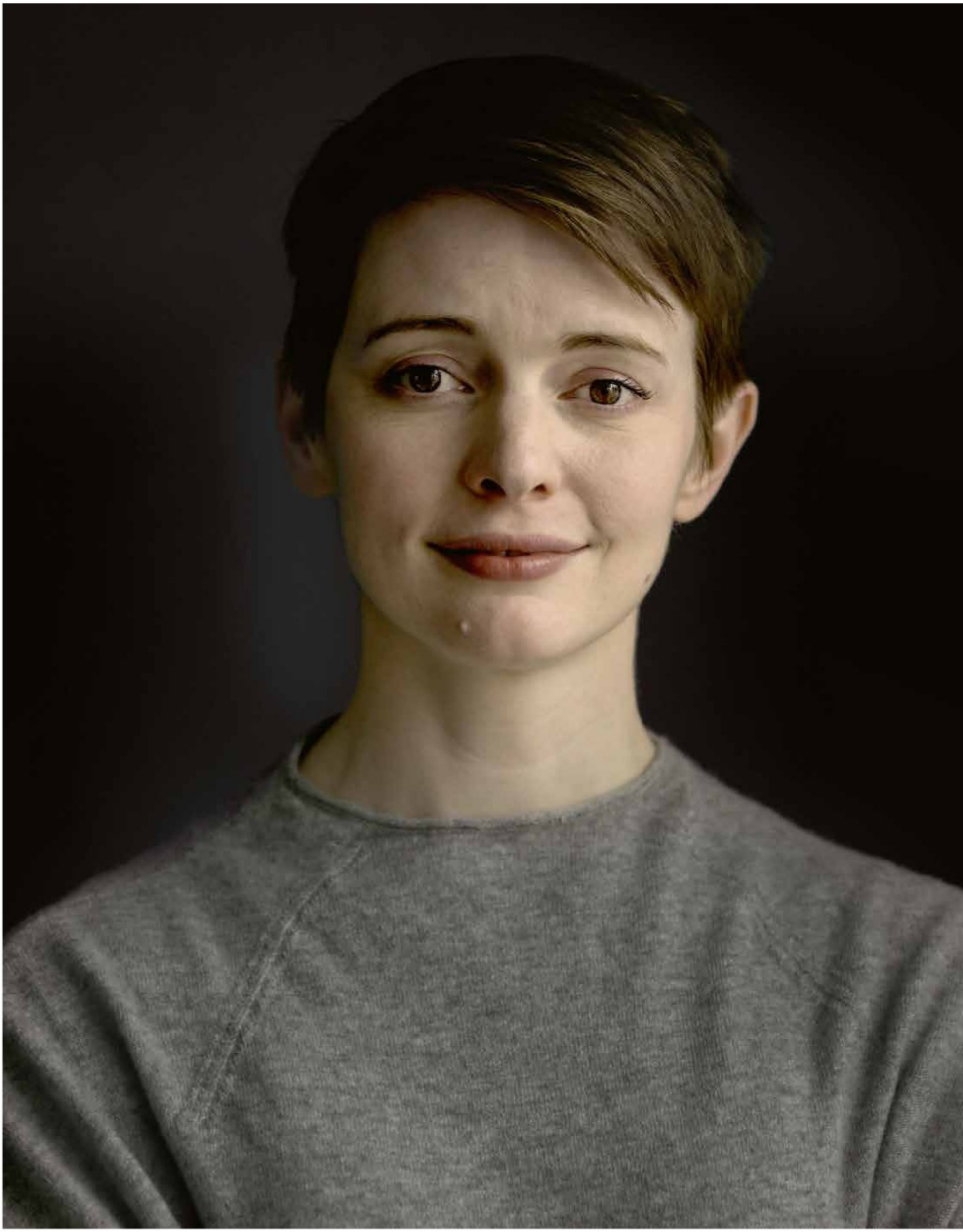
These days, Williams makes a conscious effort to move more during the day. Having a dog helps, but rather than sitting at her desk pondering a difficult writing problem, she no longer feels guilty about getting up and going outside to do a bit of gardening, or taking her dog for another short walk.

Through her consultancy work with British companies, she's also started spreading the word about the importance of moving, and helping them to create more movement-friendly workplaces.

"It's about changing the culture in a way that makes managers aware that this is a good thing to do and to make it okay culturally. I want to help make people aware there are good reasons for moving more and not chaining people to their desks. We need to change this culture that says sitting at your desk is the best way of thinking and the best way of being – it's not, and it makes people miserable." ▮

Move! The new science of body over mind, *by Caroline Williams, Profile Books, $29.99*

GETTY IMAGES



Tomorrow & tomorrow

Emily St. John Mandel was hailed as prophetic for her breakthrough novel about a pandemic. Her latest foray into the future has been shaped by that experience. **by ELISABETH EASTHER**

Emily St. John Mandel: coped with the confines of lockdown by going time-travelling in her fiction.

SARAH SHATZ

Emily St. John Mandel is a Canadian author whose fourth novel, the bestseller *Station Eleven*, won the 2015 Arthur C Clarke Award. It has also been adapted for television to critical acclaim. A captivating work of speculative fiction, *Station Eleven* depicts a pandemic that wipes out 99% of humanity. With the outbreak of Covid-19, Mandel (St. John is her middle name) was held up as an ad hoc pandemic expert, a role she resisted when her fifth novel, *The Glass Hotel*, was released in March 2020. As the world confronted a genuine pandemic, many readers fixated on *Station Eleven*'s similarities to real life. That experience is, in part, the inspiration for Mandel's latest book, *Sea of Tranquility*, a time-travel novel that touches on a writer's experience of being on a book tour during the outbreak of a global plague. Mandel, 43, lives in New York City with her husband and daughter.

You grew up in rural places, notably the remote Denman Island, off the coast of Vancouver Island. What motivated your parents to move there?
My parents were hippies and there was a big "back to the land" movement in the 70s and 80s, which is why we moved there when I was 10. We were also home-schooled, and I'm the second of five children.

Did that Utopian back-to-nature lifestyle suit you?
The places I grew up in were rural, but they weren't as remote as they may seem from a distance. What I really reacted against, particularly on Denman Island, was how everybody knew you and you knew everybody else. Some people love that, but to me, as a teenager, it felt claustrophobic.

How did you cope, in such an insular environment?
I studied dance very seriously from a young age and, rather improbably, there was an excellent dance studio about 45 minutes' drive from the Vancouver Island ferry terminal.

Was writing also on your horizon?
I'd always written as a hobby. I'd kept journals and wrote little fragments of fiction, but I never showed my work to anybody because dance was my focus. I left home at 18 to study at the School of Toronto Dance Theatre.

Having been raised relatively rurally, were you prepared for city life and what were your first impressions?
The grass is always greener when you're growing up, and I was desperate for city life. Because I was raised in a forest, I wanted the opposite. Now, I'm raising a daughter in New York City, and she loves the forest. The anonymity and privacy of walking down a street where nobody knew me felt exhilarating. I really wanted that freedom and I've lived in large cities ever since.

Do you ever hanker for the forest?
Going from Canada to the United States, what I long for is socialised medicine and gun control. You take those things for granted when you grow up with them, and I miss them desperately.

What happened to your dance dreams?
I pursued dance pretty seriously after graduating from that three-year programme, but at some point I fell out of dance, the same way you can fall out of love with a person. The thing I'd loved all my life had started to feel like a chore, so I stopped.

Was it fraught, to step away from your vocation, and with dance off the table, what was plan B?
All arts are difficult but dance is uniquely precarious.

As a writer, if I blow my knee out tomorrow, I'll still be a writer.

Because I didn't quite finish high school, and the dance course wasn't a degree programme, I worked in a warehouse in Montreal for $8.50 an hour. What I did have was a mountain of student-loan debt, but it never occurred to me to go back to school.

How did you make ends meet on $8.50 per hour?
This was 2002 and I was paying less than $300 per month for a bedroom in an apartment share and my roommates were sane, which was by no means a given. But I was unhappy in Montreal. To paint the scene, I had to meet a truck at the warehouse each morning at 7am, and winter time in Montreal is brutal, routinely -20°C. But because my shift finished about noon, I started writing what eventually became my first novel, *Last Night in Montreal*.

What was the timeline, from starting to write to publication?
Because I had no idea what I was doing, it took about four years to write. Finding a publisher took another two years, by which time I'd moved to New York City, where I worked in admin at a university.

We're all told finding an agent is notoriously hard. How did you do it?
When people ask me now how to find an agent, I tell them to not do what I did. I started with a list of New York agents who represented literary fiction, then sent them cold-query cover letters with three sample chapters. Most rejected me instantly, but the 13th on my list, Emilie Jacobson, at Curtis Brown, requested the full manuscript.

What a joy. Were you signed on the spot?
She rejected it too, but with the most thoughtful editorial letter. That was the first substantial feedback I'd ever had, and I thought, if I answered her questions and fixed the problems, at the very least I'd have a better book. I spent six months revising before sending the manuscript back. That time, Emilie took me on, which was one of the most exciting moments of my life.

Was life all bidding wars and author tours ever after?
No. Emilie was about 85, and she had a very old-school way of doing business, like sending the manuscript to one publisher at a time. That's now seen as inefficient, and it took about two years, and 35 rejections, before *Last Night in Montreal* was published.

When did you start to describe yourself as a writer, and how hard was it to keep plugging away, before the commercial success of *Station Eleven*?
It was a gradual series of transitions, from thinking of myself as a dancer who sometimes wrote, to eventually thinking of myself entirely as a writer.

Sales were quite minimal for my first three books. My first publishers, Unbridled Books, were wonderful but a small press doesn't have the massive marketing apparatus the big publishing houses have. I was getting $32 royalty cheques and I was frustrated, but I knew my fourth novel, *Station Eleven*, had a more commercial premise. All the signs pointed to it being very big, and the ensuing auction was the most extraordinary thing and that's how I landed Knopf, my dream publisher.

People really did say those things to me: the interview where the closing question was "sex with or without handcuffs?".

Did you also kiss your admin job goodbye? When did you know it was safe to write your resignation letter?
I'm from a very working-class family. My father was a plumber, so there's no safety net. Not having a job is particularly terrifying in the United States, where your job is your health insurance and quitting feels existential.

Even though things went crazy, I kept working for a year after *Station Eleven* came out. I was at a festival in Australia, in Adelaide, and still doing admin on the road. I was reconciling my boss's American Express and booking his plane tickets, yet I wasn't booking my own travel because I had three publicists doing that for me.

Please tell me you're not still booking your boss' travel?
In 2015, while in New Zealand at the Auckland Writers' Festival, I found out I was pregnant. It turns out pregnant feels exactly like jetlag. At that point, I realised I was doing one thing too many. I knew I couldn't raise a baby, hold down a day job and write books, so one of the three had to go. I started writing full-time in August 2015, a year after *Station Eleven*.

Living in New York City when the pandemic hit, how did that affect your work and life?
The publication date for *The Glass Hotel* was March 24, 2020, and the publicist had set up a 25-city tour across the US, Canada and UK ... so you can guess what happened. We were suddenly plunged into this world of Zoom events. I thought Zoom would be horrible, doing readings and Q&As by video chat, but it was a lifeline.

Did it feel like a sanctuary, compared with what was going on outside?
We all have PTSD in New York City. The death toll that spring was unspeakable and in practical terms there was a constant soundscape of sirens. They never stopped, day and night. There was something deranging about that, combined with the fear. My daughter had just turned four and we didn't know if our kids would be okay, so to go into my office in the evenings and log into Zoom and talk to people about books for that hastily put together *Glass Hotel* Zoom tour became this really nice thing.

At the same time, there was a lot of talk of *Station Eleven's* prescience, due to what you describe as your "scientifically implausible flu novel". What was it like, being the author of a pandemic novel during a pandemic?
Becoming a pandemic expert was a whole other level of weirdness. All of a sudden I'm getting requests to write op-eds for my favourite publications – invitations I would have loved under different circumstances. But the requests were along the lines of "what's it like to be author of *Station Eleven* in a real pandemic?" But I wasn't going to use that terrible tragedy as a marketing opportunity, so I declined.

Was it cathartic, on some level, to write *Sea of Tranquility*?
About three months before the pandemic, I'd started working on fragments of autofiction, about an author going on tour. The thing about tours – and this is very important – 99% of my interactions with people are extremely positive and lovely but, when you're doing a lot of events over time, that 1% adds up. I'd had a number of

infuriating or bizarre interactions with that 1% on the road, and I wanted to write about them.

Then the pandemic hit and I wanted to escape into the refuge of a grand immersive project where I had absolute control over the environment. I started writing a time-travel novel with moon colonies, to get as far away from my lockdown apartment as humanly possible.

Some of the book-tour conversations from *Sea of Tranquility* are too crazy to be made up. Were they completely autobiographical?
People really did say those things to me and the weirdest one is in there: the interview with the French magazine where the closing question was literally "Sex with or without handcuffs?". And I was like, "Come on, I'm a serious artist".

You didn't finish high school and your three-year tertiary course was in contemporary dance, yet your essays and novels are so erudite and literary. How have you educated yourself?
It's very straightforward. I read a lot and I have a subscription to the *New Yorker*.

Writing fiction in a complicated period in history while living in an increasingly divided America – how do you stay buoyant?
On the one hand, it does feel like a somewhat apocalyptic time, but on the other hand, if you've read *Sea of Tranquility*, you'll have read my *Station Eleven* lecture which I delivered all over the United States up until March 2020, when I decided I didn't want to talk about pandemics any more.

I gave the speech to my fictional character, Olive Llewelyn, and there's a line about humans having a tendency to believe we are living in uniquely apocalyptic times. But when have we ever not felt that? It's as if we're hardwired as a species to this narcissism, that we're living at the end of history or at the climax of the story. Although these are also incredibly difficult times.

Even without Covid, we're in a bit of a pickle, eh?
The pandemic is a nightmare. One million people died in this country where I live. I don't think it's overly alarmist to say we're looking at the collapse of democracy in the United States, and I haven't even talked about climate change. We need to acknowledge that these are difficult times for own mental health, if nothing else.

As a writer of speculative fiction, what do you sense lies ahead?
We can't know, but I'm confident there will be a world. I can sound very *Station Eleven*-ish when I start talking about this sort of thing, but in that book, there is the company of travelling actors and musicians who keep culture alive. If we hold on to the best of our humanity and the things we value in the face of crisis and chaos, I do believe we can survive.

"It's as if we're hard-wired as a species to this narcissism, that we're living at the end of history, or at the climax of the story."

What lies ahead in your own future?
All of us have been altered over the past two and a half years in ways we may or may not be ready to acknowledge. Something changed for me and I no longer want to work alone in a room. For a long time, the solitude of writing fiction really appealed to me. I still love that, and am working on a new novel, but coming out of the pandemic – that incredible isolation– I found myself longing for collaboration and community.

I've started to focus more on television, working with Patrick Somerville, the showrunner of *Station Eleven*, and his colleagues. It's the most extraordinary experience to go into a room with people who are as obsessed with narrative as you are, to build a world together. So, for the future, I'll be working on screenplays and adapting some of my other books, as well as continuing to write fiction.

Emily St. John Mandel will Zoom into Christchurch's Word Festival on Saturday, September 3, at noon.

GETTY IMAGES

Haven of hope

When Julie Chapman discovered students were going to school hungry, she decided to do something about it. Now she is also helping people and pets trapped by family violence. by SHARON STEPHENSON

There are certain stories Julie Chapman dips into whenever she needs reassurance that she's doing the right thing. Many of them — you have been warned — are truly shocking. Like the one about the bloke who was so angry – at himself, his partner and a world that didn't seem to have room for him – that he rounded up the family's pets and, in front of his children, slit the animals' throats.

Or the man who brought a puppy to his partner's house, and told his partner's child they'd have a mock court to see if the puppy could stay. The verdict, predictably, was "no", so he took the puppy outside and shot it.

"I know the stories are awful," says the 49-year-old, on the phone from her rural home north of Auckland. "But they serve to illustrate the overlap between family abuse and pet abuse."

You may recognise Chapman's name from KidsCan, the not-for-profit she started in 2005 from her garage, after a teacher friend mentioned that students were regularly coming to school hungry. That organisation now provides food, clothing and health support to thousands of children in more than 850 schools and 150 early childhood centres around New Zealand.

Chapman is still the chief executive, heading up a team of 40 national staff. With recessions, inflation and the cost-of-living crisis ratcheting up demand for KidsCan's services, she hasn't exactly been twiddling her thumbs.

But in 2013, one of her staff got chatting at a conference to someone from Women's Refuge who mentioned the lack of a safe, secure refuge for the pets of women and children escaping abusive relationships. It jogged Chapman's memory of an abused woman who refused to leave her home or receive medical treatment because she didn't want to abandon her pet.

Chapman decided to set up Pet Refuge New Zealand, this country's first shelter dedicated to providing a temporary haven for animals whose owners are fleeing violent homes. "Pets often become a pawn in a game of control," she says. "Partners can threaten to harm – and *do* harm – animals if the abuse victim leaves the house. For many people, pets are family, and for victims of domestic violence, they often provide real solace. Leaving them with an abusive partner just isn't an option, so many stay."

"Pets often become a pawn in a game of control. Partners can harm animals if the abuse victim leaves the house."

Numerous studies have shown the relationship between animal abuse and domestic violence.

New Zealand has one of the highest rates of pet ownership in the world – about 64% of Kiwi households have a pet – but also one of the highest rates of reported family violence among OECD countries. "Put those two things together," says Chapman, "and it's a recipe for disaster."

A 2018 survey by Women's Refuge bears that out: 53% of women whose partners had abused or threatened to abuse their pets reported delaying leaving the relationship for fear of their pet's safety. The same survey revealed 22% of women returned to a relationship because their partner threatened the safety of their pets or farm animals. Another 23% admitted their partner had actually killed a pet or farm animal, and almost half admitted they or their children had been forced to watch a pet or farm animal being harmed.

Many of the stories are sickening, and it would be easy to point the finger at those who behave so badly, but Chapman refuses to do so. "People say, 'Oh, that kind of abuse only happens in certain communities; it doesn't happen in my street or to anyone I know.' But, actually, it happens in all kinds of homes and in all socio-economic groups across New Zealand, not just those affected by poverty. Ending up with a controlling and abusive person can happen to anyone."

Chapman, who acknowledges her privileged background, is speaking from personal experience. Back in her early twenties, she was in a relationship with a partner who kept his violent tendencies well hidden – until one weekend when the couple were holidaying in Tauranga.

"I'm not sure what triggered it, but he hit me. I was so shocked that someone who was supposed to love me had hurt me." Hers, she says, was the classic response: "What did I do to provoke him? If I'd done such and such better, he wouldn't have hit me. It's a response I've since seen in other women."

It took another 14 or so months of physical and verbal abuse and manipulative behaviour before Chapman was able to leave the relationship. "I understand how difficult it can be to break away from someone and the damage it can do to your mental health. Looking back, it wasn't a pleasant experience, but it helped me understand the experience of abuse for women."

That empathy coincided with a deep

Safe hands: Julie Chapman with one of her more than 30 pets, many of them rescued.

KATHRYN NOBBS

love of animals. Growing up, she always had dogs, cats and horses – "I'd rescue any animal who needed it"– first on Auckland's North Shore, then in Oratia.

She initially had her heart set on joining the police, but after failing the fitness test, she drifted into marketing and events, juggling a day job with studying for a marketing qualification at night.

From there, it was a short leap to not-for-profits. "I realised I wasn't interested in working for a commercial company focused on the bottom line. My passion is giving back."

Now, her week is split across KidsCan and Pet Refuge. That doesn't leave a lot of time for husband Cain Chapman, a regional manager for a battery company, whom she married in 2012, or her own pets: 12 cats, three dogs, eight goats, seven chickens and a turkey called Phez.

Naturally, several are rescue animals. "I'd like to get more, but I want to stay married!"

But at this point there isn't anything else she'd rather be doing. "I get my happiness from helping others, whether that's people or animals. It doesn't actually feel like work because it's something I'm really passionate about."

Chapman spent eight years establishing Pet Refuge New Zealand. "I've always wanted to do something for animals. I had it in mind to start an animal charity, but I didn't want to duplicate the amazing work of organisations such as the SPCA. So, when I heard about this huge social need, this barrier that women were facing in leaving abusive situations, a light bulb went off."

"One woman said only now was she able to leave violence because she knew her cat would be looked after."

She rang the Women's Refuge chief executive, Ang Jury, who fully supported her idea of a refuge for pets until their owners were able to safely reclaim them.

Chapman's research turned up a successful domestic violence support programme run by the RSPCA New South Wales, which aligned with the model she had in mind, so she jumped on a plane to find out as much as she could. She then convinced the organisation to loan her one of its staff for six months, to help get Pet Refuge off the ground.

Although Chapman says her life has been marked by generous amounts of luck – including an inheritance from her parents, who died in 2013 and 2014 – raising the $2 million initially needed was still a big hurdle. But she was able to tap into connections she had made through KidsCan.

"I'm also a doer who likes creating solutions to social issues that aren't being addressed, and I'm fortunate to have a great fundraising team at KidsCan. But it still took some doing to get the funds together – and for the million dollars it costs to operate the refuge each year."

One of the many phone calls she made was to Kiwi supermodel Kylie Bax, who put her in touch with the Lindsay Foundation (set up by Sistema Plastics founders Brendan and Jo Lindsay). The Trillian Trust charity also came on board and, along with a successful crowd-funding appeal, Chapman had the beginnings of her refuge.

She bought 5ha of land in the Auckland region – "We can't say where, for safety

Pet Refuge NZ, left, has already taken in more than 170 pets. KidsCan, right, which Chapman launched in 2005, provides food, clothing and health support to thousands of children nationwide.

reasons" – and construction of the purpose-built facility started in 2019. Progress was hindered by the outbreak of the Covid pandemic, and it finally opened in July last year.

"It's almost like a boarding facility, but we're completely free and confidential."

There's room for up to 16 dogs and 20 cats, as well as numerous birds and other small pets such as rabbits and guinea pigs. Larger animals, including horses, sheep and goats, are cared for via a network of safe farms around the country.

Since opening, the shelter has taken in 173 pets from families fleeing violence in homes from Kaitaia to Dunedin. Pets are referred to the shelter by Women's Refuge, police and hospitals. As news of the facility has spread, so, too, has the number of women self-referring.

"One woman told us she'd lived with violence for more than 20 years and only now was she able to leave because she knew her cat would be well looked after."

Most of the incoming pets require vet care, not just for physical injuries, but because they've missed out on basic health care such as vaccinations. About 20% are suffering from trauma.

"Some of what these pets have seen is pretty traumatic, and they're often terrified of men, so we're also focused on their mental health. We have an animal behavioural specialist who works with them."

"Some of what these pets have seen is pretty traumatic. We have an animal behavioural specialist who works with them."

The usual stay is two to four months, although pets will be looked after as long as needed.

Of the 173 pets the refuge has seen so far, more than 100 have been successfully reunited with their owners. But about 10-15% of pets need to be rehomed because their owners can't take them back, often because rentals don't allow pets.

The refuge can't rely on other rehoming organisations because they are often overwhelmed with animals, says Chapman. So it is now considering setting up its own adoption process.

It means there's often no room at the inn, but Chapman would never turn a pet away. "If a woman has been planning to leave her relationship for a while and decides that today is the day, then we can hardly ask her to hang on until we find some space. We'll do whatever we can to take that pet."

That includes building a second Pet Refuge, at least double the size of the current shelter. She is currently scouting possible sites, also in the Auckland region.

A South Island shelter is also on her wish list because, as she says with a sigh, the need for such a service isn't going away. "It's said that police attend a family-harm incident in Aotearoa every 4.5 minutes, and with the current pressures on families, I'm not confident that's going to change any time soon." ▮

Richer choices

Keen to save money while still trying to be ethically and environmentally aware? Of course you are. But is it even possible? In these days of rampant inflation, thinking about what's good for the planet, as well as what's good for our pockets, seems like a luxury. But these two concepts aren't mutually exclusive. Here are 18 tips for saving money in a mindful, manageable way.

by MARK BROATCH ● illustrations by ANTHONY ELLISON

Money

IF YOU WANT TO SAVE in a substantial way, say the experts, make small daily changes. Think long term, and spend time planning your financial future. Be clear on your goals, expenses and disposable income. In such a tight labour market, it's worth asking for a pay increase at work, or exploring your options elsewhere. But if you're on a fixed income, or your boss is deaf to your pleas, then the only way to improve your financial situation is to trim costs. Tracking your spending with apps such as PocketSmith and Wally can help. Many banks also provide basic online tools to track your spending. Automate bill payments using online banking, to better track ingoings and outgoings, and check out websites such as Sorted for oodles more advice.

DO YOUR RESEARCH ON POWER, insurance, internet and phone plans, using websites such as Powerswitch, Glimp and LifeDirect. If you haven't yet retired, then putting at least $20 a week into KiwiSaver is almost always a good idea – the government will part-match your

contribution up to $521 a year, and who doesn't want free money? Make sure you know who your provider is and check the fund you're in is right for you, using online tools such as Sorted's Smart Investor.

IF YOU'RE THE KIND OF PERSON who can handle delayed gratification, then you might want to check out the FIRE/frugalist crowd. The idea is to save like hell to achieve Financial Independence and Retire Early. Ideal frugalists tend to have good incomes and be naturally thrifty. Typically, they try to live on about 35% of their net income and avoid "lifestyle creep" as their income increases. According to one frugalist, splurging on food and travel is still okay, as long as you make up for it with cheap wine, used books, and pre-loved clothes. The nest egg they recommend can be calculated by totalling your annual living expenses and multiplying by 25. By investing your savings wisely, and using the magic of compound interest, you may be able to reach your goal. If you get there, they say, you can take out funds at 4% a year, which is known as the "safe withdrawal rate".

The nest egg they recommend can be calculated by totalling your annual living expenses and multiplying by 25.

SAYING NO TO AVOCADO TOAST and barista flat whites definitely won't get you a house in the current market, but the more often you make your own meals or coffee, the more cash you'll stash. Consider giving up something regular, or at least cutting back, as the long-term savings can be astonishing. To figure out the cost of a weekly expense compounded over 10 years, says FIRE guy and blogger Mr Money Mustache, it should be multiplied by 752, and for a monthly expense, by 173. So that $5 barista coffee you consume every day? It's going to cost you at least $26,000 over a decade.

IF YOU'RE NOT PAYING OFF your credit card in full each month, then consider getting rid of it entirely. And if you're lucky enough to own your own house, then pay off your mortgage as fast as you're able, by dumping extra cash on it when you can. If you think your council rates are too high, challenge your assessment. If you're considering renting out a spare room or bach on sites such as Airbnb to add an income stream, make sure you do your homework on the financial and tax implications.

HEATING AND COOLING are major household costs. Make sure your roof, wall and floor insulation is up to scratch and investigate DIY window insulation kits, double glazing, and better curtains. If you have a water heater, make sure it's insulated, and consider installing a timer. Many households don't need to heat their water 24 hours a day – it will stay warm enough outside peak hours to do the job. Install low-flow showerheads and taps, which can drop your water usage by a huge amount, or keep your showers short. Optimally keep heat pumps between 18-22°C, says coaching service EnergyMate. Consider doing cold clothes washes, though make sure your cold-washing powder cleans and removes build-up and smells from synthetic materials. Use a washing line instead of a tumble dryer. Replacing dozens of old light bulbs with CFLs or LEDs will save you hundreds each year.

TO SAVE WATER, investigate installing water tanks or bladders off your gutter downpipe, and consider filtering grey water from washes and showers for your garden. Use an eco setting on your dishwasher, if you have one. Other ways to save energy include going off the grid entirely with solar and battery technology, as long as the upfront cost is worth it.

Financial columnist and author **Mary Holm** shares her top saving tips:

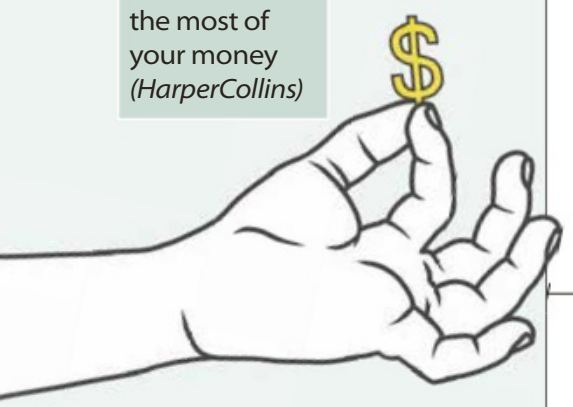
1 **CHALLENGE YOURSELF.** Who would care if you haven't got the latest clothes, furniture or car? Your friends might actually like you better if you're not seen to be competing with them. It might also reduce the pressure on them to keep up with fashions.

2 **REALLY THINK** about whether purchases make you happier, after the initial rush. After you buy something, make a note in your diary a month or two later: "Does that new shirt make me happier?" With a big purchase, such as a car, check your feelings six months later.

3 **IF YOU TEND** to buy expensive wine or beer, organise a blind taste test with your friends, with only one person knowing which drinks are which. You might well realise pricier drinks aren't necessarily your favourites.

4 **READ ABOUT** FIRE (Financial Independence & Early Retirement), and consider a more modest target. Maybe you could compete with friends.

Mary Holm is the author of A Richer You: How to make the most of your money *(HarperCollins)*



Shopping

CONSIDER BULK-BUY OUTFITS, community co-ops and fruit and vege shops rather than supermarkets, the supersavers recommend. If you need to go to the supermarket, try not to visit too often, and take a list. Supermarkets' own brands are often cheaper and of similar quality to other goods. Pay attention to unit pricing to make sure you're getting the best value, or use unit-pricing apps on your phone to make your own comparisons. Buy in bulk and freeze, or choose already frozen local products if they're out of season – snap freezing keeps in much of the goodness. Don't buy bottled water.

BUYING GROCERIES ONLINE can minimise temptation, as long as you're not paying too much extra for delivery. The same goes for other goods. Do your research first using price-comparison services such as PriceSpy and PriceMe, although bear in mind that they don't necessarily feature every local retailer and you may still be able to find bargains elsewhere.

IF YOU'RE BACK AT THE GYM now lockdowns are over, keep a record of how often you really go. Most gym memberships are woefully underutilised, so unless you go frequently, you're wasting your money. Cycle, walk or run instead, preferably in nature; exercise is incontrovertibly good for your physical, cerebral and mental health.

SECONDHAND CLOTHING shops and charity stores have boomed in recent years as more people have got the message about the growing problem of textile waste. But many still receive far more clothes than they can handle, and spend huge amounts each year dumping unsaleable stuff. Consider having a low-buy or no-buy year. Check out the burgeoning number of ethical or "mindful" labels, which attempt to minimise pollution, fertiliser and pesticides, worker exploitation and waste. Buy better quality, which should last longer, and find someone who can help you with repairs if you're not handy yourself. If you're after something fancy, check out fashion clothes-rental services such as Oh Rent Me, Lend the Label and Designer Wardrobe.

DELAY UPGRADING TECHNOLOGY – TVs, phones, computers – compare phone plans online, and use apps like Zoom, FaceTime, Messenger and WhatsApp to minimise data usage. If you still have a landline, consider whether you really need it. Hide behind technology to avoid being influenced to buy. So, if your ethics allow it, use ad blockers and mute TV/radio ads. Browse the likes of Amazon or airfare sites in private mode or via VPN, to avoid dynamic pricing kicking in based on your search history. Limit ad-heavy social media and opt for services that don't track you, such as DuckDuckGo and Startpage. Deal sites encourage splurge spending, so avoid them if you're going to be tempted by other offers. Support local publications you like by subscribing, online or off, which will be cheaper in the long run.

Limit ad-heavy social media and opt for services that don't track you, such as DuckDuckGo and StartPage.

SPECTACLES AND SUNGLASSES have a high markup – some in the industry say as high as 1000% over manufacturing costs – and part of the reason is the dominant presence of EssilorLuxottica. The French-Italian giant owns many familiar optical brands, including Oakley and Ray-Ban, as well as lens manufacturers and retail outlets. If you need new spectacles, sunglasses or contacts, check out the quality of those offering glasses for a fraction of the price, such as Zenni Optical, Clearly.co.nz, 39DollarGlasses or Dresden.

NEED A NEW MATTRESS? Upgrade your bed with a topper instead for a fraction of the price. These give hotel-level luxury and save you having to buy an expensive new mattress. The tip is to buy the size above your bed, so if you have a queen, buy a king, and obviously always buy when they are on sale.

Home & Transport

ELECTRIC VEHICLES HAVE SPARKED much debate about their financial and environmental cost, but their lower fuel and maintenance costs mean they generally work out cheaper in the long run than equivalent petrol vehicles. Until more EVs hit the second-hand market, however, used petrol cars will continue to be a better investment for many people. If you have two petrol-guzzlers, consider getting rid of one and make more use of public transport, scooters, carpool, and rideshare services like Zoomy, Uber or Ola. Or use services such as Cityhop to hire vehicles by the hour. Use fuel-finding app Gaspy to compare local pump prices, and take advantage of loyalty schemes to make the most of discounts. Removing junk in the boot and back seat should also save fuel, as weight reduces efficiency.

COULD SOMEONE ELSE make better use of your

surplus stuff? Take the Marie Kondo approach and rid your life of unloved items. Sell them, or gift them. Or do what the Germans call Sperrmüll – put it out for others ahead of the rubbish truck or inorganic collection. Adopt the mottainai concept from Japan – opt to reduce, reuse, repair, recycle, repurpose and respect. The Ministry for the Environment estimates that New Zealand generates 17.5 million tonnes of waste a year, with about 12.6 million tonnes going to landfill.

USE EXPERTS ON YOUTUBE to guide you on DIY projects that you can do legally – just about everything is on there, from plasterboard to painting to insulation to basic plumbing. Or go along to free hardware-store lessons. Newbies can gain confidence by joining a local creative hub, makerspace, or Menzshed. If you're not handy, sites like Builderscrack may help. If you have space, grow your own veges, fruits and herbs – use pots and trays for herbs if you have only a windowsill. Preserve surpluses using cookbooks or the plethora of recipes on the internet. Research online how to save your seeds for next season.

CLEAN NATURALLY AND CHEAPLY. Pretty much any cleaning job can be achieved with the help of white vinegar, bicarbonate of soda, lemon juice, plant-based soap and essential oils, say the experts. Look up solutions online or in local books such as *Homemade* by Eleanor Ozich, *Save Make Do* by Lyn Webster and *The Natural Home* by Wendyl Nissen. Makeup wearers will be aware of dupes – products equivalent in quality but vastly cheaper – and the many sites devoted to saving your facepaint cash. ▮

The information included here does not constitute financial advice, merely suggestions that might help you to a savings goal.

Author and home cook **Eleanor Ozich** on saving in the home:

1 **I LOVE MAKING** my own natural and earth-friendly cleaning supplies, from simple, low-cost ingredients such as baking soda, vinegar and castile soap. Most don't realise how easy it can be, plus you save quite a bit of money in the long run, so long as you have the basic ingredients on hand. Essential oils make a lovely addition, too, as they have fantastic anti-bacterial properties and will make your home smell incredible.

2 **DURING THE COLDER** months, it's a great idea to get your slow cooker out as much as possible, and have some easy slow-cooked recipes up your sleeve. We have ours running most days during winter, and I love that you can create a vegetable-packed meal to feed the family, using cheaper cuts of meat for a flavour-packed result. Plus, you'll probably have left-overs for lunch the next day.

3 **BE SUPER-MINDFUL** each time you feel the desire to buy something new. Unless it's an item that is absolutely necessary, I like to take at least a week or two to think about it first. More often than not, **the need (or want) for a particular item wavers, or I forget about it altogether.**

Eleanor Ozich is the author of Homemade *and* Simply Food *(both Penguin NZ)*

In the firing line: All Blacks coach Ian Foster, left, and right embracing halfback Aaron Smith, enjoys the support of players despite the team's relatively poor record with him in charge.

Dropping the ball

The bile aimed at coach Ian Foster over the All Blacks' recent record raises questions about the perspective of fans and the mindset of the media. by PAUL THOMAS

Long-held conventional wisdom, here and abroad, is that New Zealanders are very good at rugby because we take it very seriously.

Successive waves of visiting scribes have repeated the lazy – and increasingly meaningless – claim that the game is a "religion" here, often as a prelude to sharing anecdotes of dubious authenticity about the rugby nous of little old ladies and, inevitably, taxi drivers. (I've had many cricket conversations with taxi drivers; precious few about rugby.)

Kiwis certainly take rugby way too seriously when the All Blacks lose. Embarrassingly, this is regarded as a good thing. Even those, like embattled coach Ian Foster, who cop the backlash insist that the absurd and often ugly overreactions are an indicator of New Zealand rugby's rude health. It shows we care, so the argument goes; the day when Kiwis react to an All Blacks loss with equanimity is the day we should start worrying because it will be a clear sign that our long love affair with the game is cooling.

Players and coaches continue to claim that the intense weight of expectation and the fallout when they fall short are drivers of success and a key reason the All Blacks boast the best win-loss record in international rugby: they instil a galvanising fear of failure that their opponents don't have.

It's reasonable to assume the All Blacks went out with the aim of thwarting the wishes of the fans.

But are the fits of rage and witch-hunts whenever the All Blacks come back to the pack really a good thing? There's an argument that the pressure to win every game makes it harder to win World Cups, since it deters experimentation and bold selection between tournaments and deprives the team of an extra gear in the knockout stages: because the All Blacks are required to operate at full noise game in, game out, year in, year out, they lack the capacity to go to another level and are thus at risk of being "outpassioned" by opponents inspired by the occasion.

SAVING THE COACH'S SKIN

Recent evidence suggests that fear of failure panics or inhibits more than it galvanises. Yes, the All Blacks produced a quality performance in the recent test against the Springboks in Johannesburg, a game they went into as clear underdogs, but that was after five losses in six games.

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A more plausible explanation for the turnaround is that the players were galvanised by a desire to save Foster's skin. If so, irony abounds. One had the distinct impression that many Kiwis wouldn't have minded the All Blacks losing in Johannesburg, since defeat would almost certainly have precipitated Foster's departure. Given the players' public support of Foster, it seems reasonable to assume they went out with the specific aim of thwarting the wishes of those they supposedly represent – the fans.

CONDITIONAL FANS

Incidentally, social media and media website comment boards were awash with evidence that, for all our supposed emotional investment, support for the All Blacks isn't always unconditional. Some "fans" make no bones about their disinclination to support a Foster-coached team. After Foster was confirmed through to next year's World Cup, the highly touted alternative, Crusaders coach Scott Robertson, was being urged to take his talents offshore and employ them at the All Blacks' expense.

Such sentiments were echoes of 2007, when New Zealand Rugby (NZR) opted to stick with Graham Henry rather than replace him with then-Crusaders coach Robbie Deans. When Deans subsequently signed on with Australia, many Kiwis, not all of them Cantabrians, switched their allegiance to the Wallabies. The nature of sport is that players and coaches come and go; only the jersey abides. It's a strange sort of fan whose support is conditional on the personnel.

There are occasional deviations from the party line that fans are the lifeblood of the game and their "failure is not an option" mindset is a good thing. "The ugliest people in rugby ... are the fans who live their life through their team," said former All Black Norm Hewitt in his autobiography. "If you lose, it's as if you've personally let them down. It doesn't matter how much effort you put in ... You let them down. And you're a jerk."

More recently, All Blacks captain Sam Cane inflamed the mob by observing that the team has some "brutal" fans who mistakenly think they know a lot about the game. In a revealing attempt at damage control, Foster said, "We know you can't say that." He didn't explain why Cane's demonstrably true remark was unspeakable, but it brought to mind Hillary Clinton's characterisation of Donald Trump's support base as a "basket of deplorables". This was widely portrayed as a hideous, elitist gaffe, yet, six years down the track, it's abundantly clear that Clinton was simply stating the obvious.

"If you lose, it's as if you've personally let the fans down ... And you're a jerk."

FEEDING FRENZY

It has been a while since the media had an All Blacks coaching controversy to feed on, and at times the feeding frenzy has been nauseating. It's a curious mindset that enables columnists and commentators to lament mental-health casualties in elite sport one week and heap withering contempt on individuals the next.

By virtue of having been NZR chief executive from 1995 to 1999 and able to be relied on to disparage Foster and current NZR boss Mark Robinson, 75-year-old David Moffett has become a go-to man for the media. To say Moffett wasn't universally admired during his time at NZR would be an understatement of considerable proportions, but that context isn't forthcoming from those soliciting his intemperate opinions.

Those consuming Moffett's opinions might be interested in a sampling of his political wit and wisdom: Jacinda Ardern is a "traitor" for signing on to a non-binding United Nations pact on migration; former German chancellor Angela Merkel is "a thoroughly detestable excuse for a human being"; climate change is "the biggest scam ever visited on the human population".

The beauty of sport is that it matters but only for a little while: it's just a game, after all. However, the refusal to get over it, the bile, the wild language and the loss of perspective suggest our tendency to take rugby ultra-seriously is becoming a national embarrassment. ▮

YOUR LASTING LEGACY

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HEALTH
by Nicky Pellegrino

Sitting ducks

Today's children are less fit than in previous generations, which won't stand them in good stead as adults in a warmer world.

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The heatwave that has persisted during the European summer has taken a toll on people's health. Extreme heat can trigger a range of stress conditions, such as heat stroke, and as the body works extra hard to keep its core temperature at normal levels, it puts strain on the heart, lungs and kidneys.

High temperatures increase the risk of cardiac illness and death, and studies have shown that the burden of heat-related heart attacks is likely to increase with 2-3°C of global warming. So, as the planet warms, future generations will need to be physically fit and maintain optimal cardiovascular health if they are to thrive.

Unfortunately, the opposite is happening, says Shawnda Morrison, a cardiovascular and environmental physiologist. Morrison completed her PhD at the University of Otago and is now based in Slovenia, where she is involved with SLOfit, a longitudinal study of children's physical and motor fitness.

"We found the greatest decrease of child fitness in the 30-year record of this longitudinal monitoring."

Shawnda Morrison

"Every single schoolchild in Slovenia gets tested once a year in April," she says. "They do a battery of fitness tests in their physical education classes, so we have a lot of data."

Child fitness levels and activity have been decreasing worldwide, with a 2018 report from the WHO concluding that 80% of kids aged 11-17 aren't physically active enough. Evidence from SLOfit has shown that this decline accelerated during the Covid-19 lockdowns.

"We found the greatest decrease of child fitness in the 30-year record of this longitudinal monitoring, and it was across the board – aerobic fitness, muscular skeletal flexibility, reaction time: all the different components."

Families may have gone out walking together in their neighbourhoods during lockdowns but the intensity of the exercise that kids were getting wasn't high enough to maintain physical fitness compared with the workouts that school PE classes or organised sport would have provided.

Morrison, who is based at the University of Ljubljana's faculty of sport, wanted to look in greater depth at the issue of physical fitness as global temperatures rise. In a review of more than 150 studies, published in the journal *Temperature*, she found that children's aerobic fitness is 30% lower than that of their parents at the same age.

In the research, she highlights a study of 457 primary school-aged boys in Thailand, which found that overweight youngsters were more than twice as likely to have difficulty regulating their body temperature when exercising outdoors than those of normal weight.

Children thermoregulate a little differently from adults. They sweat less and instead lose heat by increasing blood flow to the skin, a process that can require the heart to work harder. When they are physically fit, their hearts are stronger and able to pump more blood flow per beat, and so their blood vessels will be more reactive and efficient, says Morrison. Plus, there is more chance of them growing up to be fit and active adults who will be better able to tolerate higher temperatures.

"We need to make physical literacy a priority. If you know how to catch, run, jump and swim, then you'll enjoy moving."

"Yet, as the world warms, children are the least fit they have ever been."

How do we turn things around? Morrison has a few ideas.

"We have to build our society around the concept that we need to move our bodies," she says. "That includes mandatory physical education classes in every school taught by physical education teachers. Parents have a huge role to play, especially with children aged 3-10. We need to make physical literacy a priority. If you know how to catch, run, jump, swim and do the basic movement patterns, then you'll enjoy moving. If you don't feel confident, then you may be sedentary your whole life."

She advises no more than one hour of recreational screen time a day – and that means any screen – and practises what she preaches. Morrison doesn't own a smartphone and even on hot days this summer has made sure her two young children have had the opportunity to run around in the relative cool of the evening, supplying them with plenty of water to prevent dehydration.

New Zealand, with its great outdoors, is well positioned to make a positive difference for the fitness and future health of our kids, she says.

"But parents need to be extremely diligent to model correct behaviour. And children should not have smartphones." ▮

HEALTH BRIEFS

RULED OUT FOR COVID

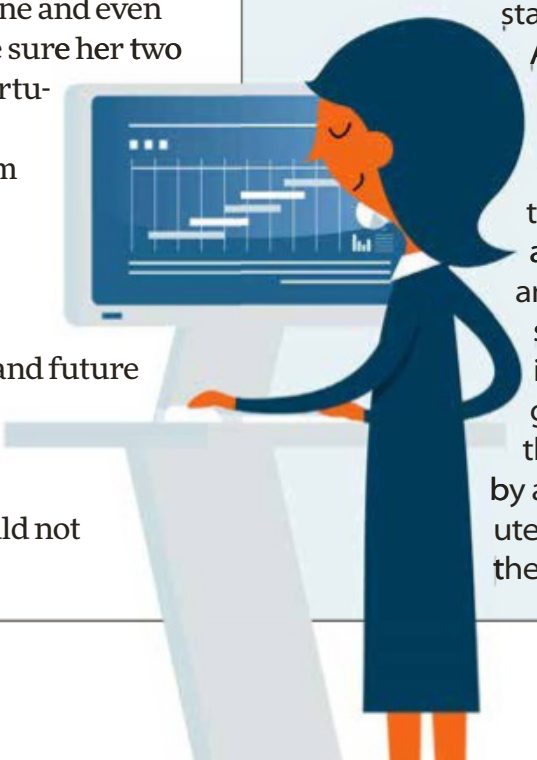
Ivermectin, fluvoxamine and metformin don't appear to significantly reduce the severe outcomes of Covid-19, according to research from the University of Minnesota. The team tested the repurposed drugs as early-intervention treatments in a trial of 1323 at-risk patients. None of the drugs had a significant effect on severe Covid-19 outcomes. Although metformin showed a potential association with lower hospitalisations, ER visits and death, it was not strong enough to make a conclusion without more research, the team said.

HIGHER RISK OF PPD

Scientists from Aarhus University, Denmark, say mothers with a family history of any psychiatric disorder have an almost doubled risk of developing postpartum depression (PPD). The team says this is probably due to both genetic and environmental factors during upbringing and later in life. Among the general population, the incidence of PPD is about 15%. With a family history of mental illness, this rises to around 30%.

STANDING DESKS DELIVER

Standing desks in an office can reduce the amount of time workers spend sitting, according to a study published in the *BMJ*. Researchers divided about 750 office workers into three groups: a control group, a group who received a range of resources to help reduce their sitting time, and one given the same resources along with standing desks. After a year, the standing desk group reduced their sitting time by an average of an hour, and the non-standing desk intervention group reduced their sitting time by about 20 minutes compared with the control group.



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NUTRITION
by Jennifer Bowden

All in the planning

The scientific evidence overwhelmingly shows that vegans need to carefully design their diets to ensure they get all the nutrients they need.

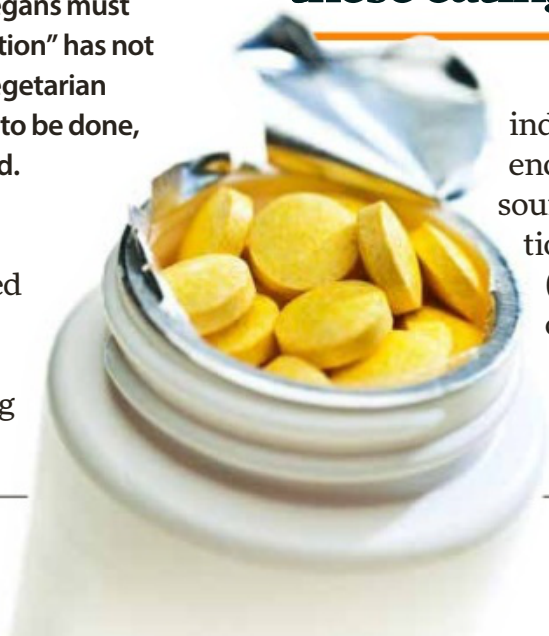
Question:

I read your column on veganism and vegetarianism ("Read the label", July 30) with interest as I have been entirely vegetarian and mostly vegan for 45 years, eating dairy products only once or twice a week. Your comment that "plant-based diets are at risk of being deficient in protein, iron, vitamin D, calcium, iodine, omega-3, and vitamin B12 … which vegans must acquire through dietary supplementation" has not been my experience, nor that of my vegetarian or vegan friends. There is no planning to be done, and no extra supplements are required.

Answer:

The internet is littered with stories of people's experiences with different eating regimes. And while individual experiences are a valuable source of information, they do not (and should not) outweigh scientific evidence on the healthfulness of those regimes.

Individual experience does not outweigh the scientific evidence of the healthfulness of these eating regimes.



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So, vegetarianism and veganism must be approached from a scientific as well as personal experience perspective.

As noted in the column, a well-planned, healthful vegan or vegetarian diet may improve long-term health outcomes. For instance, a 2017 review of 86 cross-sectional and 10 cohort studies found that vegetarians had a lower incidence of heart attacks and cancer, and vegan diets were associated with a lower incidence of cancer.

Vegetarian dietary patterns are also associated with a lower prevalence of diabetes, metabolic syndrome, hypertension, and all-cause mortality.

So there is much potential for positive health outcomes when choosing a meat-free vegetarian diet, or a vegan diet that is free of all animal-derived products (ie, no meat or dairy).

But the fact remains that meat and dairy are rich sources of protein and micronutrients such as iron, zinc, calcium and vitamin B12. So, if you choose not to include these foods in your regular fare, it stands to reason that alternative dietary sources of these macro and micronutrients are required.

And although you have concluded that no planning is necessary when adopting a vegan or vegetarian diet, the latest scientific research does not support your view.

A systematic review, published in 2021 in the journal *Clinical Nutrition*, collated data from 48 studies comparing the nutrient intakes of more than 12,000 adults who were omnivores, vegetarians or vegans. It found that vegan diets were, on average, lower in protein intake than other regimes.

A vitamin B12 deficiency could cause irreversible neurological damage and is not something to be casually disregarded.

Furthermore, vegan diets were associated with a low intake of vitamins B2, niacin (B3), B12, D, iodine, zinc, calcium, potassium and selenium. In particular, vitamin B12 intake among vegans was significantly lower (0.24-0.49 micrograms daily, versus the recommendation of 2.4 micrograms daily).

Although low micro- and macronutrient intakes do not always result in health impairments or clinical nutrient deficiencies, the researchers noted that in the vegan diet there was potential for nutritional deficiencies, notably in B12, zinc, calcium and selenium. They emphasised that the significance of these findings should not be disregarded – perhaps in response to the proliferation of online articles by non-professionals incorrectly stating that vegans are not at risk of nutritional deficiencies.

In particular, a B12 deficiency can cause potentially irreversible neurological damage, so should not be casually dismissed as an impossibility for vegans. One UK study found one in five vegans was at significant risk of insufficient B12. Many other studies have similarly found vegans to be at risk of B12 deficiency, at the very least.

So, contrary to your personal experience, research involving thousands of vegans has identified the potential for nutritional deficiencies that may cause irreversible damage.

It is therefore incumbent on me and other nutrition professionals to point out the potential shortfalls associated with a vegan diet and guide people to mitigate those risks.

A simple solution is to eat a well-planned vegan diet that covers all nutritional bases, whether by adding foods fortified with vitamin B12, calcium and protein, or by including a B12 supplement. ▮

Email your nutrition questions to listenerlife@aremedia.co.nz

NUTRITION BITES

CELL LIFE PRESERVER

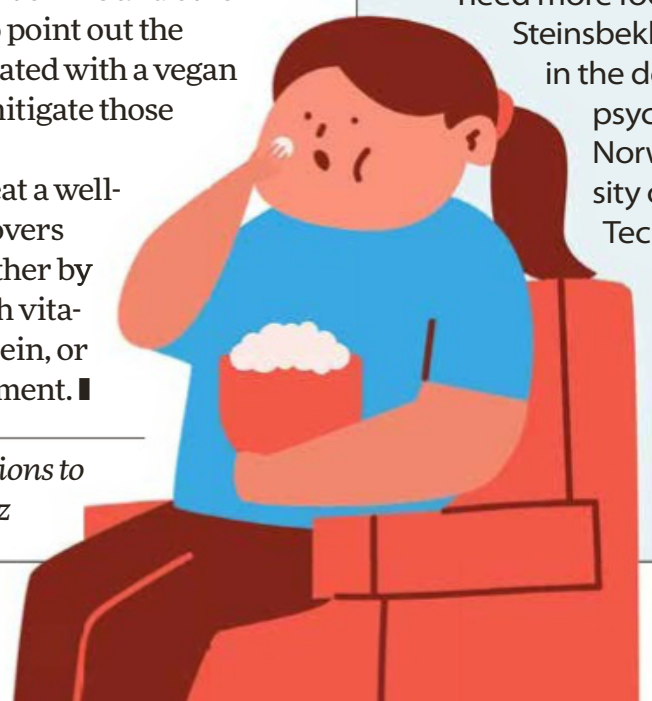
A novel function for vitamin K has been discovered by a team of researchers at Tohoku University, Japan. Vitamin K is important in blood clotting. However, researchers found that the fully reduced form of the vitamin acts as an antioxidant that efficiently inhibits ferroptotic cell death. Prevention of ferroptosis (a natural form of cell death) is considered a highly promising approach for therapy in many degenerative diseases such as Alzheimer's.

HELP FOR IBS SUFFERERS

Three years after receiving a faecal microbiota transplant as part of a clinical trial, people with irritable bowel syndrome continue to have fewer symptoms and fatigue and a better quality of life, researchers report in the journal *Gastroenterology*. The 125 patients were randomly assigned to receive either a faecal donation or their own faecal matter (placebo group). The improvement rate was between 65% to 72% in the donor group versus 27% in the placebo group.

WEIGHTY REVELATION

Which comes first in children – higher body weight or comfort eating? New research involving more than 1000 children found that, contrary to popular belief, higher body weight preceded comfort eating. After following the children from age 6 to 14, researchers found they became overweight before they started eating more food. "Very simply put, this finding probably reflects that large bodies need more food," says Silje Steinsbekk, a professor in the department of psychology at the Norwegian University of Science and Technology. The researchers say the reasons people develop large bodies are complex and multifaceted.



GETTY IMAGES

PHOTOGRAPHY: © DAVID LOFTUS, 2022

As easy as pie

Quick and uncomplicated family dinners and a sweet loaf from Jamie Oliver.

CHICKEN & MUSHROOM PUFF PIE

Peppery greens, mustard, spring onions & a crisp pastry lid.

Serves 4.

Total time: 33 minutes.

500g free-range, skinless, boneless chicken thighs
olive oil
1 bunch of spring onions
320g mixed mushrooms
320g sheet of ready-rolled puff pastry
600ml semi-skimmed milk
1 heaped tbsp plain flour
1 tbsp wholegrain mustard
80g mixed bag of watercress, spinach & rocket

Preheat the oven to 200°C. Chop the chicken into 3cm chunks and place in a 30cm non-stick frying pan on a medium-high heat with 1 tablespoon of olive oil, stirring regularly. Trim the spring onions, chop into 1cm lengths and add to the pan. Trim and tear in the mushrooms. Cook for 10 minutes, or until golden, stirring regularly.

Meanwhile, unroll the pastry sheet on its paper and score a 3cm border around the edge (don't cut all the way through), then very lightly score a large criss-cross pattern across the inner section. Brush with a little milk, then place the pastry, still on its paper, directly on the middle shelf of the oven to cook for 17 minutes, or until golden, risen and cooked through.

Stir the flour into the pan for 1 minute, then gradually stir in the milk. Simmer on a medium heat until the pastry is done, stirring occasionally, and loosening with extra splashes of milk, if needed. Turn the heat off, stir through the mustard and half of the leaves, then season to perfection. Remove the pastry from the oven, leave to cool slightly, then transfer to a serving board, discarding the paper. Use a sharp knife to cut around the border, cutting through the top few layers of pastry only. Use a fish slice to carefully lift up and remove the inner section (like a lid), leaving a layer of pastry at the bottom. Pile in

ENERGY	679kcal
FAT	36.2g
SAT FAT	13.5g
PROTEIN	39.8g
CARBS	48.2g
SUGARS	9.5g
SALT	1.1g
FIBRE	4.7g

the remaining leaves and filling, then put the lid back on, slice and serve.

GO VEGGIE

Simply ditch the chicken and ramp up the mushrooms.

ROLLED PORK BELLY

Amazing roasted fennel, sage & saffron risotto.

Serves 6-8, with leftover pork.
Prep: 20 minutes.
Cook: 3 hours 10 minutes.

2 bunches of sage (40g total)
olive oil
red wine vinegar
1.7kg piece of higher-welfare boneless pork belly, skin on, scored (ask your butcher)
4 large bulbs of fennel
500g risotto rice
1 big pinch of saffron
150ml white wine
60g parmesan cheese

Preheat the oven to 220°C. Pick the sage leaves into a pestle and mortar, smash up with a good pinch of sea salt and black pepper, then muddle in 3 tablespoons each of olive oil and red wine vinegar. Rub all over the pork, then roll it up lengthways and secure with five bits of string. Sit it directly on the bars of the oven, with a large shallow casserole pan beneath to catch the juices, and roast for 1 hour. Trim and quarter the fennel, reserving any leafy tops in a little bowl of water. Pull the pan out of the oven and toss the fennel into the pan juices. Reduce the temperature to 180°C, and roast for 1½ hours, or until cooked through, shaking the fennel halfway.

Transfer the pan to a medium heat on the hob. Use tongs to move the pork and half the fennel to a platter, cover with tin foil and leave to rest. Mash or break up the remaining fennel in the pan. Boil the kettle. Stir the rice into the pan for 2 minutes, then add the saffron. Pour in the wine and let it cook away. Add some boiling kettle water, wait until it's been fully absorbed, then add some more. Stir regularly, adding more water until the rice is cooked – about 20 minutes. Finely grate and beat in the parmesan, season to perfection, adding more parmesan, if you like, then loosen with water to an oozy consistency. Pop the lid on, turn the heat off and let it sit while you remove the string and carve or slice the pork, sprinkling with the reserved drained fennel tops. Serve with the risotto.

ENERGY	882kcal
FAT	41.6g
SAT FAT	14.2g
PROTEIN	41g
CARBS	89.6g
SUGARS	0.6g
SALT	1.5g
FIBRE	8.4g

Rolled pork belly; left, chicken & mushroom puff pie.

SQUODGY CROISSANT LOAF

Chocolate, orange, crushed hazelnuts & apricot jam.

Serves 8.
Prep: 10 minutes.
Cook: 50 minutes, plus cooling.

soft unsalted butter, for greasing
50g blanched hazelnuts
3 tbsp golden caster sugar
1 orange

PHOTOGRAPHY: © RICHARD CLATWORTHY, 2022

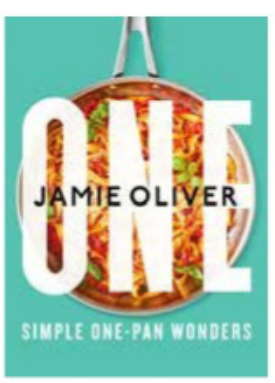
Squodgy croissant loaf.

2 x 255g packets of frozen croissants
50g dark chocolate (70%)
1 heaped tbsp apricot jam

ENERGY	385kcal
FAT	22.2g
SAT FAT	10g
PROTEIN	7g
CARBS	39.2g
SUGARS	16.5g
SALT	0.4g
FIBRE	2g

Preheat the oven to 180°C. Grease a 1.5 litre loaf tin and line with greaseproof paper, then generously grease the paper. In a pestle and mortar, smash up half the hazelnuts and 1 tablespoon of sugar until fine, then sprinkle across the base and sides of the tin, and add a few fine gratings of orange zest. Coarsely bash the remaining hazelnuts and sugar. Randomly layer half the frozen croissants into the tin, slicing them up as appropriate to fill any gaps. Sprinkle over half the hazelnuts, add a few more gratings of orange zest, snap in the chocolate in large chunks, then spoon over the jam. Layer in the remaining croissants, slicing to fill any gaps, if needed, and finish with the last of the hazelnuts and a final grating of zest.

Bake for 50 minutes, or until golden and caramelised. Leave to cool in the tin for 10 minutes, then run a sharp knife around the edge to release any sticky bits and carefully remove from the tin while still hot. Cool a little, then slice and serve. ▮



Extracted from ONE, by Jamie Oliver (Penguin Random House © Jamie Oliver Enterprises Limited (2022 ONE), $65)

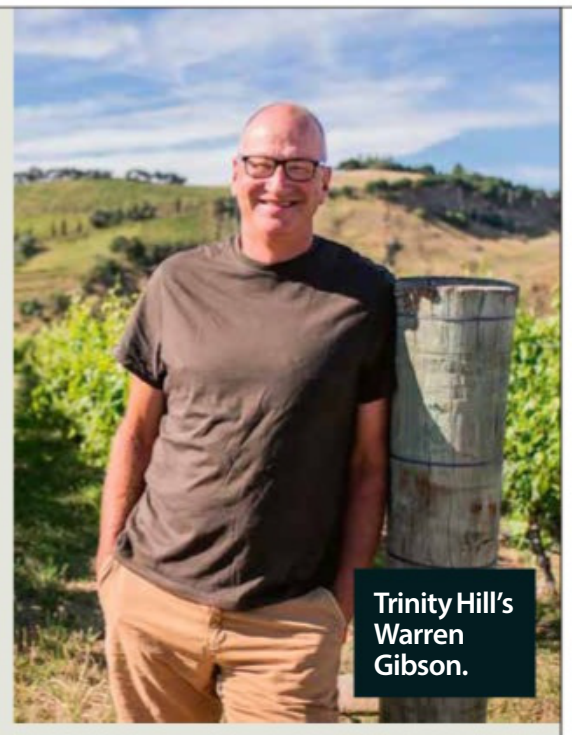
PHOTOGRAPHY: © DAVID LOFTUS, 2022

WINE

by Michael Cooper

Liquid alchemy

Trinity Hill's Homage 2019 tells a story of changes in the premium-wine market.



Trinity Hill's Warren Gibson.

One of the country's most distinguished and expensive reds, Trinity Hill Homage 2019 ($150), is described on its back label as "a definitive expression of New Zealand syrah" – and rightly so. Deeply coloured, with a perfumed, spicy bouquet, it is mouthfilling, with dense blackcurrant, plum and spice flavours, beautifully ripe but not overly so, and good tannin backbone. It's the sort of highly refined red you can drink now and over the next 10-15 years.

The first vintage of Homage (2002) was grown in the Gimblett Gravels, Hawke's Bay, packaged in a heavyweight bottle and sealed with a cork. The 2019 was grown principally (77%) in the Gimblett Gravels, but also at Roys Hill (23%), ensconced in a lighter bottle and closed with (quelle horreur!) a screwcap.

Why is Homage no longer grown almost exclusively in the prestigious Gimblett Gravels district? "Thomson's Block vineyard is on Roys Hill, behind the winery," reports Warren Gibson, chief winemaker at Trinity Hill. "The aspect varies and reaches up to a 25-degree slope. The fruit profile is very aromatic and floral, with less of the dark, 'brooding' fruit more often seen off the gravels. This allows for some potential alchemy in the overall blend."

Why the switch to a lighter bottle? Between the 2002 and 2019 vintages, the full bottle weight of Homage has dropped from 1800g to 1573g, and the 2020 will drop again to 1445g. "The first-generation thinking, with regard to the bottle choice, was a decision to help with the perception of a premium product," says Gibson. In an age when lighter bottles are increasingly favoured for their lower carbon footprint, this latest move makes sense.

And the move from cork to screwcap? "The enduring question has been: why is Homage the only wine [in the Trinity Hill range] bottled under cork?" says Gibson. "Frustratingly, I have never had a legitimately good answer."

With the 2010 Homage, Trinity Hill implemented a trial, bottling most of the wine under cork, but some under screwcap. Screwcaps have eliminated the risk of "cork taint", helped the wine to retain freshness, got rid of bottle variation and enabled the use of far less of the preservative sulphur dioxide (SO_2). And the wine tastes better in its youth, with no negative effects on its ability to age. ▮

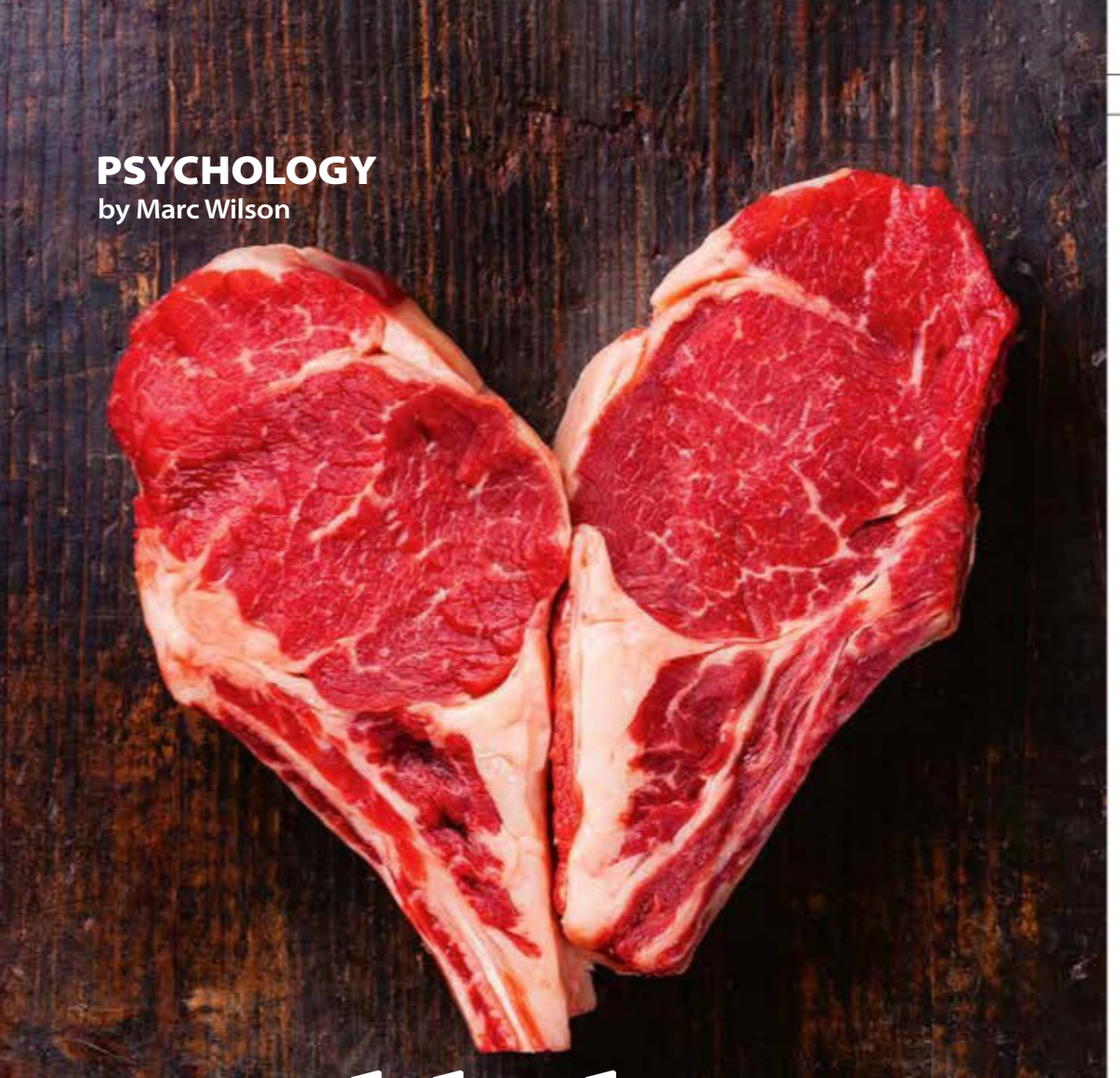
WINE OF THE WEEK

The Landing Bay of Islands Boathouse Chardonnay 2020

★★★★½

Drinking well now, but also worth cellaring, this very finely balanced wine was estate-grown in the Bay of Islands, then hand-harvested and barrel-fermented. A distinctly northern style, it is full-bodied, with fresh, lively acidity, generous, well-ripened fruit flavours and very good complexity. (13.5% alc/vol) $30

SIMON YOUNG



PSYCHOLOGY
by Marc Wilson

Wedded to the flesh

The more politically conservative the man, the less likely he is to abstain from eating meat.

This week, I've been doing one of those relatively hidden academic citizenship chores – examining a PhD thesis for an Australian university.

You can't just pick anyone to examine a thesis. The "right" examiner has to have a demonstrated expertise in the subject matter of the research. My suitability for this particular thesis comes from a strand of work that I've come back to, on and off, since I was a wee PhD student myself: why people eat the things they do.

Over the course of my own thesis research, I shared an office with a variety of other folks working on theirs. There was Sally Rose, whose supervisor had a dog called Sam, which he'd spend quality time shouting at each day. There was Jane Bryson, with whom I shared a supervisor and who is now dean of the Wellington School of Business and Government at Victoria University. Finally, there was Michael Allen. He was working on a theory of how people make decisions about the things they buy. He was also vegetarian and, because of that, one of the case studies in his research was about people's decisions on whether or not to eat meat.

Because I'm interested in the psychology behind our everyday lives, and eating is about as mundane as we get, we struck up a collaboration that resulted in our publishing one of the earliest social psychological investigations of vegetarianism.

Ironically, that study wasn't mentioned in the thesis I've been marking, but that's okay.

Research on meat abstention and consumption has become rather fashionable since the late 1990s.

It's also true that, since the 1990s and early 2000s (when the National Party's Gerry Brownlee once called me "unpatriotic" for our research on vegetarianism), there has been a softening of attitudes towards plant-based diets.

The environmental impact of farming animals for meat has played a role in the change to vegetarian and vegan diets, but so has the cost of even once-cheap cuts.

Concern for the environmental impact of farming animals for meat has played a role in this change, but I can't help but notice that the cuts of meat that used to be the cheapest on the supermarket shelves are increasingly out of the reach of many.

The Australian thesis speculated on whether one of the barriers to adopting a plant-based diet is that people, and particularly men, are concerned about being judged for doing so. "Real" men eat meat, so going vegetarian is tantamount to wearing a skirt. Indeed, there's a reasonable amount of research around the world arguing that vegetarians are viewed more negatively than meat-eaters, and vegans even more so.

In New Zealand, my own work with PhD research student Madeline Judge found that women tend to be more positive about meat-abstainers than men.

This gender difference is consistent with one of the conclusions from a more recent longitudinal study, led by Taciano Milfont from the University of Waikato. Using a representative sample of Kiwis, the study found that about 86% of us eat meat without any restrictions, but a solid 6-7% are vegetarian or vegan, with women abstaining more than men.

The study also found that whether we eat meat or not is pretty stable from year to year, but veganism is the hardest dietary regime to maintain. Men, and politically conservative men, are the least likely to transition to a non-meat diet. Research in the United States has shown something similar – that political conservatism is one of the strongest predictors of falling off the vegetarian/vegan wagon. I know Brownlee loves a good steak, or at least that's what he said when asked to comment on my research.

Oh, and blokes do wear skirts these days, as Brad Pitt has shown us on the red carpet. I'm sure it's a coincidence that he's reportedly vegan. ▮

Food for thought: Gerry Brownlee.

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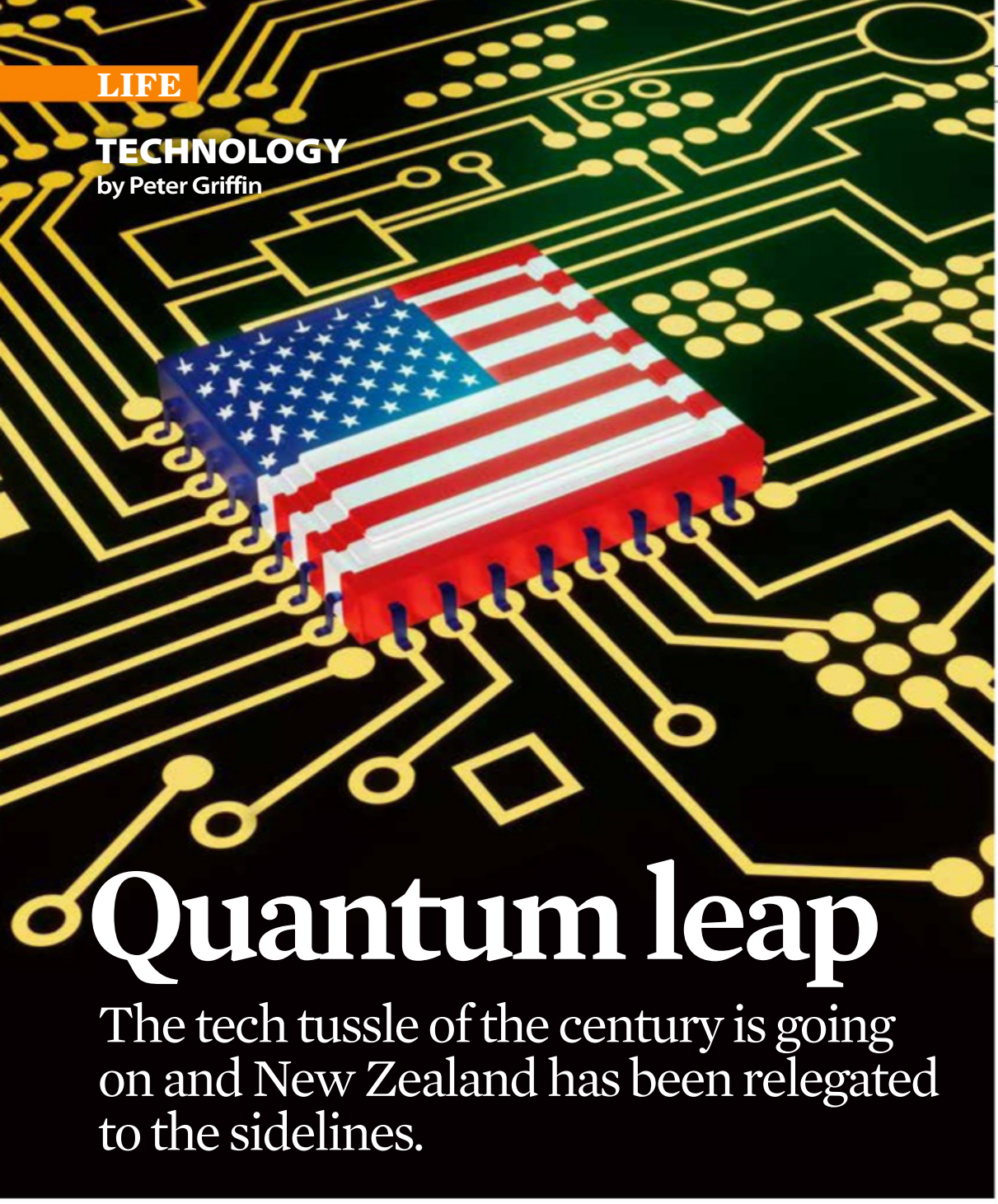
TECHNOLOGY
by Peter Griffin



Quantum leap

The tech tussle of the century is going on and New Zealand has been relegated to the sidelines.

Early this month, US President Joe Biden signed the Chips and Science Act into law, directing US$53 billion towards rebuilding American dominance in making computer chips.

Intel and AMD are probably the names that spring to mind when you think of computer chips; their semiconductors power the majority of Windows-based computers on the market.

But although they are American brands, the US now produces only 12% of the world's computer chips. Most are actually manufactured in Taiwan and Korea, where massive fabrication plants churn out chips for the world's largest electronics makers. China is ramping up its own production, with the aim of being 70% self-sufficient in chip production.

The rise of electric cars has massively boosted demand for chips because they have more complicated control systems than cars with combustion engines. Each Tesla electric car, for instance, contains more than 3000 computer chips.

The nightmare scenario for the US is China blockading or invading Taiwan and cutting off the supply of chips, thereby crippling every industry that relies on them. So, chip factories will be built across the US in the coming years. This "reshoring" of production will show that globalisation has its limits.

We've always been a bit queasy about developing dual-use technology that could suit a military purpose.

But it goes further than silicon chips. The US and China are in a race to dominate emerging technologies, chiefly artificial intelligence (AI) and quantum computing. AI already powers smart assistants such as Siri and Alexa and a host of automated systems and applications used in sectors ranging from banking and manufacturing to healthcare and transport.

Quantum computing is in its early stages, but early prototypes of computers that rely on the weird principles of quantum mechanics are capable of doing calculations in minutes that conventional supercomputers would take hundreds of years to complete. They could eventually make our current computers look like pocket calculators.

The Aukus security alliance between the US, the UK and Australia, announced last September, appeared to be mainly about a deal to supply Australia with nuclear submarines, so it seemed only natural that, with our nuclear-free status, we'd be left out.

"We weren't approached, nor would I expect us to be," Prime Minister Jacinda Ardern said when asked why we weren't part of Aukus. But this pact is about much more than submarines. It will actually focus to a greater degree on those emerging technologies that the superpowers see as integral to deciding who holds the balance of power in the 21st century.

China, in particular, has made technological supremacy a national priority, with aggressive plans to fast-track development of AI, quantum computing, biotechnology and space tech. We have some innovative aerospace technology, courtesy of Rocket Lab and a few other companies, but very little capability in AI and quantum computing.

The war in Ukraine and China's push to expand its influence in the Pacific show how rapidly the state of geopolitics is changing. We also need to treat technology as a national priority to adapt to the new reality, where cyberwarfare is becoming increasingly sophisticated and where automated systems and AI hold the keys to making our industries more productive and self-sufficient.

We should have a hand in developing these technologies in a way that suits our specific needs. Thankfully, the door isn't shut on us joining Aukus.

When US Deputy Secretary of State Wendy Sherman visited Wellington in early August, she told RNZ that when it comes to work on emerging technologies, "there may be scope for others to join, so certainly if that time comes, New Zealand is a country with whom we would have a conversation".

We've always been a bit queasy as a nation about developing dual-use technology that could suit a military purpose. AI and quantum computing fall squarely into that category. China and our larger allies have no such qualms. Technology is increasingly intertwined with national security and recognised for its ability to influence the global balance of power.

As small as we are, we'd be naive to approach it any other way. ▮

Door ajar: US Deputy Secretary of State Wendy Sherman.

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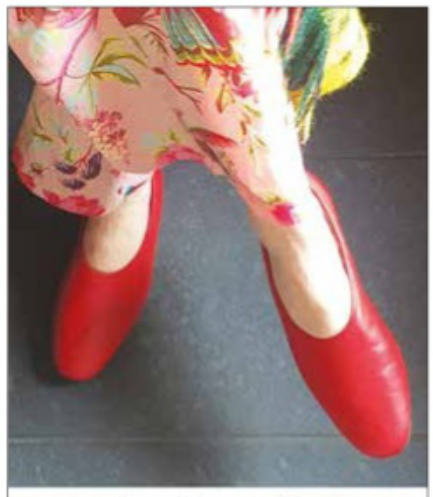

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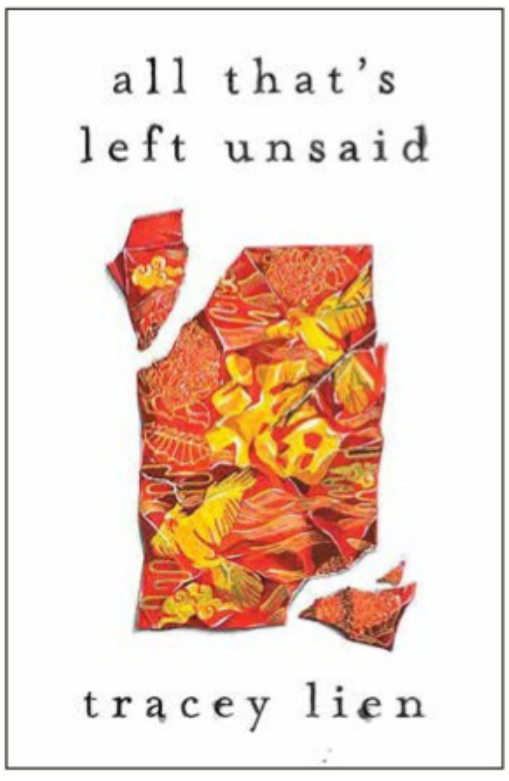
Get lucky

An immigrant family drama set in 90s Sydney delivers a potent message about identity and belonging.

by **STEPHANIE JOHNSON**

ALL THAT'S LEFT UNSAID, *by Tracey Lien (HQ Fiction, $39.99)*

Tracey Lien's debut novel tells a universal story, which is possibly why it has been picked up by a major UK publisher despite being firmly set in Cabramatta, Western Sydney. It's a story of identity – of how a young person removed from their cultural roots will still define themselves as belonging to their motherland. It is also a story, like so many others told just now, that is full of anger and vitriol against the dominant culture.



Debut novels are often fairly autobiographical, and this one certainly draws from the author's experiences. Lien was born of Vietnamese parents in Sydney's west, unlike her protagonist, Ky (pronounced Key), who was born in Vietnam and came to Australia with her refugee parents as an infant. Lien lives in New York, but was previously a journalist in Los Angeles. Ky has also broken away from Cabramatta, but not so far – she is a journalist for the *Herald Sun* in Melbourne.

In the 1990s, during Ky's childhood, Cabramatta developed its reputation as the heroin capital of Australia. By then, Vietnamese families had been settling there for well over a decade. In the 80s, Sydneysiders went there for a bowl of good phở and to buy wedding dresses. Lien's Cabramatta is no longer a place people go so willingly. It has a reputation for gang violence, danger and drugs.

"Naughty" is a Cabramatta euphemism for wagging school, causing trouble or smoking. "Coming out to play" means being on the streets and taking and/or dealing heroin. Late in the novel, Ky decides that "Cabramatta proved that a town could be gorgeous and sick, comforting and dangerous, imperfect but home".

This is a revelation to her after the tragedy and sadness around the loss of her younger brother. An exemplary scholar in his final year at school, Denny was murdered at a local restaurant.

This tragedy frames the novel. Ky comes home from Melbourne for his funeral and discovers that her parents have forbidden an autopsy and that the police are not so concerned about finding the perpetrator. She turns detective, even though the idea of tromping around the streets and interviewing people terrifies her. She remembers a senior journalist telling her, "Nothing we do is actually that hard. What sets us apart is that we're willing to do it."

Lien's central characters are clearly drawn, each with their little idiosyncrasies. Ky's father, with his "immigrant aloofness", is always on the lookout for a bowl of phở as good as the one he was fed as a kid from a soldier's helmet.

Childhood friend Minnie is the vehicle for some of the angriest tirades against Australians: "They're all fair dinkum this and everyone gets a fair go that. This is the luckiest country in the world, right? … the luck doesn't extend to us. That's the big lie." Minnie has suffered worse than most, aware that she was a "bridge to Australia" for her abusive, neglectful parents, because, like so many immigrant children, she learnt to speak English before they did.

Chapters are mostly in third person, but now and again Lien breaks into first person for more minor characters. Ky's 90s childhood is invoked with familiar touchstones and landmarks: Hello Kitty, Power Rangers, Lip Smackers, Woolies and Red Lea chicken shops. Risks are taken with structure as memories break into the middle of conversations and form lengthy tangents, before the reader is returned to the action. For the most part, Lien carries it off, although, now and again, an edit may have been appropriate.

Luck, or lack of it, runs through the novel. Characters talk of it, long for it and are pursued by the bad version. Ky's mother tells her: "You and your generation, you grow up so lucky and all you do is complain. Do you know what my generation would give to be as lucky as you? To grow up here and have everything?" Good, hardworking Ky's response is that it "made her feel crazy to be called lucky, and her mother had no idea".

All That's Left Unsaid could only loosely be called a thriller. It's a political book, a furious book, and one for our times. ▮

Unflinching debut: Tracey Lien draws on her childhood experiences in west Sydney.

COLIN J MILLER

The truth beneath

The latest thrillers explore the shadowy side of the art world, a cold-case murder-mystery, and the prejudices of a small town stalked by a predator.

by MICHELE HEWITSON

PICTURE YOU DEAD, *by Peter James (Macmillan, $37.99)*

A couple of rather dull, middle-class British bargain hunters, Harry and Freya, like to go to car boot sales. One day, out scavenging for tatty treasures, they come across a truly hideous painting. They buy it for the frame, which may be worth a few quid. The painting is left in a spot where the sun hits the glass and the oil paint melts off, just enough to reveal another painting beneath. The premise of *Picture You Dead* is that the couple take the painting to *Antiques Roadshow* and are told it could be a long-lost masterpiece by the 18th-century French artist Jean-Honoré Fragonard.

All of which leads us on a spirited, if occasionally confusing and madcap romp through the art world of expert forgers, extremely rich and extremely dodgy art collectors and career crims who specialise in stolen art.

THE IT GIRL, *by Ruth Ware (HarperCollins, $37.99)*

The poshly named and natured April Clarke-Cliveden is the "it girl" in the latest thriller by the always good Ruth Ware. Here, the dynamics of a social group of bright young things at university are authentically and cleverly dissected. April is impossibly beautiful and irrepressibly badly behaved. She drinks to excess, and takes drugs the way some people take vitamins. In their term at Oxford, she shares a "set" with the much meeker Hannah. They forge an unlikely friendship, which mostly involves April bossing Hannah around and generally being a cow.

What April wants, April gets. Until she gets the ultimate comeuppance: she is murdered. A faintly sinister Oxford porter is put away for the crime, mostly on the evidence of Hannah, who glimpsed him on the stairwell outside their rooms the night April was found dead inside. You'd have murdered her, too.

Ten years on, Hannah and Will, April's university boyfriend, are a couple and are soon to have their first child. Hannah is approached by a journalist who claims that the porter may be innocent.

So, of course, the heavily pregnant Hannah – against the wishes of Will – goes back to Oxford and back to their old gang to do some sleuthing. Nobody in thrillers ever does the sensible thing.

THE UNBELIEVED, *by Vikki Petraitis (A&U, $36.99)*

In *The Unbelieved*, Melbourne Senior Detective Antigone Pollard returns to Deception Bay, the small seaside town she grew up in. She is licking her wounds after a botched rape case saw the perpetrator walk free, and a failed love affair. She moves into her grandmother's house – vacant now that her grandmother has gone to a rest home – with her ex-police dog, Waffles. This is a cute name for an enormous Alsatian, but if you rub Waffles up the wrong way you will live to regret it.

Clockwise from left, Peter James, Vikki Petraitis and Ruth Ware.

Ditto his owner. Antigone is prickly, damaged and jaded.

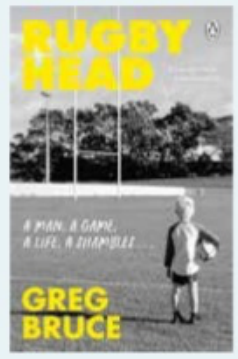
Her first job involves a series of incidents in which young women have had their drinks spiked at local pubs and then been sexually assaulted. The local rag has named the as-yet-unknown attacker the "Lonely Hearts Rapist". Antigone really hates this: "I hated it when the media named offenders – it made them sound somehow dashing and daring, and the victims sound pathetic and love-lorn."

She is up against small-town small-mindeness. The girls, she is told by her much younger female colleague, "were called sluts, mostly no one believed them on account of they were the kind of girls who were probably asking for it".

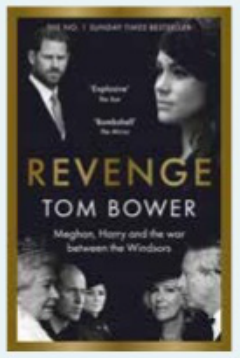
Antigone goes to the pub. I told you nobody does anything sensible in thrillers. She is at least sensible enough to switch the drink a handsome stranger buys for her. She pretends to be drugged and is attacked in the car park, after which the handsome stranger-turned-cad claims she attacked him.

This is a beautifully done, if unsettling portrait of small-town Australia. Deception Bay is not the seaside community of sand buckets and gay beach brollies. The bay is rocky, as jagged as its new detective's state of mind. The ghosts of wrecked ships lurk beneath its dangerous currents. ▮

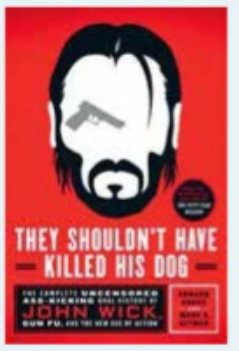
Short cuts



Greg Bruce writes in **RUGBY HEAD** *(Penguin)*: "This is the story of my obsession with the game, the pain derived from its frequent failure to deliver the feelings I desired from it, and the search, as I grew older, for a way to find those feelings elsewhere." Sort of. Bruce, who writes for the *NZ Herald*, begins with Buck Shelford's wayward testicle and follows his nose from there. It's a sometimes funny, sometimes strange, often bathetic, occasionally insightful sort of memoir covering off Rugby World Cups, the author's mental-health journey and what it is to be a man. If you love rugby and Bruce's oversharing style, with phrases like "Dan Carter's warm sexual gaze filled my apartment like a stink", you'll probably want to buy this book.



Will we ever get enough of the British royals? Doubt it. And so arrives Tom Bower's **REVENGE** *(Blink)*. It's well titled, if the *Times*' description of it as a relentless "400-page demolition job" is accurate. The *Telegraph* – imagine! – said it portrayed Meghan Markle as a manipulative diva. Meghan and Harry seem determined to deny the Queen the joy of ending her days surrounded by a happy family, reckons Bower in his concluding pages.



With another John Wick movie in post-production, it's worth taking a look at what set the whole shooty, stabby shebang off. **THEY SHOULDN'T HAVE KILLED HIS DOG**, by Edward Gross and Mark A Altman *(St Martin's)*, is out in ebook now and paperback in October. Said the screenwriter: "I struggled a little bit with the dog, because you both wanted it to be the dog, but also it's the symbolism of the dog, but also it's the excuse of the dog." The series, directed by former stuntman Chad Stahelski, has heavily influenced modern action thrillers from the 007 series to Netflix's *The Gray Man*. ▮

Books of My Life

Val McDermid

The touring Scottish crime writer on a love of comics, treasured reads, and what made her take up the pen.

GETTY IMAGES

My earliest reading memory
What I remember reading is comics – *Harold Hare Weekly* was my first favourite, then I added *Bunty*, *Beano*, *Topper*, *Beezer* and *Hotspur*; later, the DC superheroes. My great-uncle used to buy piles of comics for his grandsons in a bid to encourage them to read. But they ignored them, so they got passed on to me.

My favourite book in childhood
Susan Interferes, by Jane Shaw. I got this as a Sunday School prize when I was about seven and I loved it. Susan is a feisty schoolgirl who lives with her cousins because her parents are working in Africa. She's always sticking her nose into other people's business and jumping to the wrong conclusions, but somehow she manages to solve a thrilling mystery. It's funny, too, and I suspect I liked Susan being Scottish.

The book that made me want to be a writer
In one of the Chalet School books by Elinor M Brent-Dyer, there's a character who writes school stories and gets a cheque from her publisher. That was the first time I realised being a writer was a job you got paid for and I decided that was what I was going to do (I was nine years old).

The last book that made me laugh or cry
Companion Piece, by Ali Smith. Her books always provoke a strong emotional response in me.

The book I reread most often
Treasure Island, by RL Stevenson. I first read this as a comic and fell in love. When I read the whole book, I was entranced: great characters, dramatic story, wonderful settings, perfectly judged prose and, at the end, space for my own imagination. Long John Silver is still out there, and there's still silver on the island …

The book I could never read again
The Five Red Herrings, by Dorothy L Sayers. It felt endless, and I came away from it knowing more about Scottish rural train timetables than any living soul should have to.

The book I feel guilty not to have read
The book I promised a publisher I'd read but haven't had time for. There are always at least half a dozen of those on my shelves.

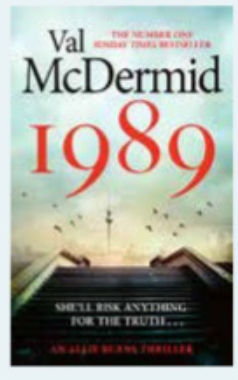
The fictional character I wish I'd written
Josephine Tey's Inspector Alan Grant. He's a complex, intelligent man of great sensitivity and empathy. He has a talent for friendship but has a shrewd understanding of what goes on behind people's masks. He features in a scant six of her eight crime novels. I feel certain I'd enjoy his company.

Val McDermid: in love with Robert Louis Stevenson's *Treasure Island*.

The book I am most proud of writing
A Place of Execution. When I moved to Derbyshire, I fell in love with the limestone landscape of the White Peak. Dramatic, mysterious and surprisingly empty, I knew I'd found the perfect location for a novel, but I knew it had to feel organic – something that could only happen there. The complex story of a cold case involving a missing teenage girl took me years to figure out, but I'm proud of the end result.

The books I'm reading or intend to read
The recent tragic death of the talented Susie Steiner, at only 51, has filled me with the desire to reread her three Manon Bradshaw novels. Manon is a tricky character, but Steiner makes us love her. And she was a fine storyteller, too. ▮

Val McDermid, whose latest book is 1989, *tours with Michael Robotham and JP Pomare for Crime After Crime, in Wellington on September 11, then Whanganui, Palmerston North, Christchurch, Tekapo, Wānaka and Dunedin. See hachettenz.com/crimeaftercrimetour*



Forced hand

The author of *Hamnet* turns to the short life and marriage of Lucrezia de' Medici.

Maggie O'Farrell: mining the riches of Renaissance Italy.

by ANNA ROGERS

THE MARRIAGE PORTRAIT, *by Maggie O'Farrell (Tinder Press, $37.99)*

You spend your first 15 years within the walls of a palazzo. You want for nothing material because the palazzo belongs to Cosimo de' Medici, plutocrat ruler of the city state of Florence, and you are his third daughter. But there is no freedom or autonomy, no existence outside those walls, unless you create it for yourself – by observing carefully everything that goes on, by drawing and painting, by learning that you are different from your more obedient and accepting siblings. Then, just before she is to marry Alfonso d'Este, Duke of Ferrara, Modena and Reggio, your older sister Maria dies. You become the second choice of bride, a bargaining chip between powerful men, an intended producer of male heirs. And you come to realise that, for all his charm and intelligence, your husband is a cruel, volatile and controlling man who holds your life in his hands.

Maggie O'Farrell's second fictional journey into the past, after the superb *Hamnet*, has a riveting storyline, mostly hitched to the known facts of Lucrezia's horribly short life, but heightened and tightened where necessary. There are riches to be mined: Renaissance Italy, towering castles and well-appointed villas, political machinations and the precarious business of marriage to Alfonso d'Este. And O'Farrell generally makes the most of all this, creating a credible, sometimes almost tactile sense of period without betraying her research. Many of her landscape descriptions are painterly, reminiscent of the backgrounds so familiar in portraits of the time, with their beguiling fields and cypresses and cloudless skies. She is excellent, too, in the detail of 16th-century Italian life, both upstairs and downstairs.

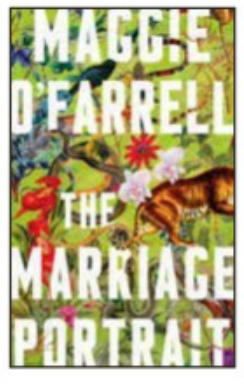
The setting and atmosphere, and the mounting sense of claustrophobic menace, stay with the reader.

The confinement endemic to a woman's role, however privileged, is well conveyed, and the characters of Lucrezia and Alfonso are a strength. The teenage bride, unprepared for any kind of relationship, is drawn as a gifted and unusual girl of courage and determination (although the sensibility may be a little too modern at times). In Alfonso, O'Farrell builds a convincing psychopathic personality, without making him a melodramatic villain.

But *The Marriage Portrait* is not in the same league as *Hamnet*. That novel's sureness of touch, its apparently effortless immersion in the Tudor world and its emotional verity, are too often absent.

Much of the problem lies with some surprisingly hectic overwriting. It is as if, to convey the drama of Lucrezia's situation, O'Farrell sometimes fails to remember the power of restraint. She can offer something overwrought, such as the boughs of a tree making "tortured, evanescent shapes against the lapis sky", and then something so simple and exactly right: "the dank rust of a pool where the horses dip their heads". Metaphors abound and too frequently she overextends them. The original and vivid phrase "aware of the poison from last night still slinking through her blood" is spoilt by adding "like a pack of wolves with muzzles close to the ground". Less, her editor should have said firmly, is more.

The Marriage Portrait is very competent and often compelling. The setting, atmosphere and mounting sense of claustrophobic menace stay with the reader, but admirers of *Hamnet* may be a touch disappointed. ▮



GETTY IMAGES

Outback reckoning

A disgraced historian is a vehicle to consider Australia's legacy of violent colonisation.

ELEANOR DE JONG

JESUSTOWN, *by Paul Daley (Allen & Unwin, $36.99)*

There are too few contemporary novels written from Australia's Indigenous heartlands. These regions remain geographically remote, often beset with challenging social problems, and in many ways impenetrable to outsiders' understanding.

With *Jesustown*, award-winning journalist Paul Daley bravely enters the small pool of Australian fiction writers willing to confront the country's disturbing colonial history head-on.

Protagonist and expat Australian Patrick Renmark is a middling historian with limited academic cred whose blockbuster biographies of prominent European men are popular as Christmas stocking stuffers. Living in London, where he wears a variety of garish cravats and frequently appears on breakfast television, Patrick sees his life combust after his affair with a master's degree student is discovered and his toddler son dies in tragic circumstances.

Dumped by his university, his publisher and his wife, Patrick flees to the remote Indigenous town of Jesustown in Australia's far north, where he has taken the only job offer going. For a huge advance, he has been commissioned to write a tell-all biography of his grandfather Nathaniel Renmark, a self-taught anthropologist who became infamous in Australia as a larger-than-life protector of "the people" of Jesustown – Daley's term for the Indigenous inhabitants of the area. While Nathaniel is long deceased, his home and archives remain in the town awaiting his descendant's attention.

Leaning heavily on Xanax and booze, and riddled with self-pity following his fall from grace, Patrick is a loathsome character to spend time with: intellectually fraudulent, narcissistic and conforming to every cliché of the mid-life male meltdown. From the opening pages, he screams to be saved.

By Daley's own admission, Renmark is but a vehicle upon which to hang his broader interests and ideas, namely an unflinching reckoning with white Australia's centuries-long desecration of Aboriginal lives, culture and customs.

Patrick's refusal to meaningfully engage with "the people" of Jesustown or confront the many wrongs of his white saviour grandfather act as a stand-in for modern Australia's wilful disinterest in taking responsibility for their many crimes of invasion. The legacy of a violent and ongoing colonisation continues to harm generations of Aboriginal people, many of whom suffer Third World health and wellbeing outcomes, chronically poor standards of living and intergenerational trauma.

Audio tapes recorded by Patrick's grandfather share secrets that have lain concealed for decades.

"I had to get the voices right," Daley told the *Sydney Morning Herald*. "I wanted the book to be about big history and the arguments within it. Really, the characters are just the way to tell that."

Perhaps as a result, while the characters and their voices are certainly vivid, there is a strong and persistent air of lecturing throughout. Minor characters speak with zealous philosophical airs while walking to the local chicken shop for a feed, and, for a remote town in outback Australia, the supporting characters'

Wit and sorrow

Comedy, metaphor and contemplation from three poets at the top of their game.

NICHOLAS REID

A RIDERLESS HORSE, *by Tim Upperton (AUP, $24.99)*

An old cliché says that inside every clown there is a tragedian. This could well apply to Tim Upperton's new collection. He's often funny in a deadpan style. Take his longish poem "The Truth About Palmerston North", in which he appears to be trashing his home city until you realise he's writing ironically and really showing how much he likes the place. Take the truly bizarre tale that is "Three Men in a Lift". Then there's that opening poem "My Childhood", filled with sly literary allusions. But under the laughter there is much grief. Loneliness feeds many of his verses, while more than one poem presents a home besieged by hostile forces from the threatening world outside. Life is an intimidating thing. One of Upperton's very best is "Bone", a sombre meditation on death and bodily decay – the type of poem that should be anthologised forthwith. The interplay of wit and sorrow in *A Riderless Horse* is intoxicating. Upperton's style is pithy, often saying much in few words. This has to be one of the year's best.

A QUESTION BIGGER THAN A HAWK, *by Jan FitzGerald (The Cuba Press, $25)*

In her fourth collection, Jan FitzGerald plays to her strengths. She has mastered the craft of writing in a straightforward, comprehensible style that seems at first sheer reportage. Then you notice the nuances and the unexpected directions her verse takes you in. Many poems are about recalled childhood, sometimes happy but with a shadow hanging over them. Good times are balanced by the trauma of being separated from her biological mother in the 1950s and her unease at being adopted. There are poems about old age, which she embraces stoically, and some comedy in such pieces as "Tall girls, wet day blues" about the annoyance, in a rainstorm, of being bumped by oncoming lowered umbrellas. In contrast, "Plea" is a measured and serene call to quiet and contemplation. Without complex imagery

Paul Daley: "I wanted the book to be about big history and the arguments within it."

cogent and forthright verbal expressions don't ring true.

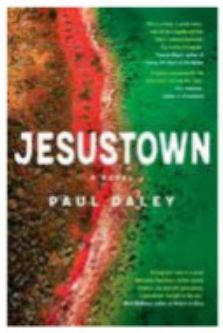
The propulsive, thriller-like pace of the novel is fuelled by the slow exposition of Patrick's downfall – the affair, the discovery and the aftermath – and the revelations on audio tapes recorded by Patrick's grandfather shortly before his death, sharing secrets that have lain concealed for decades.

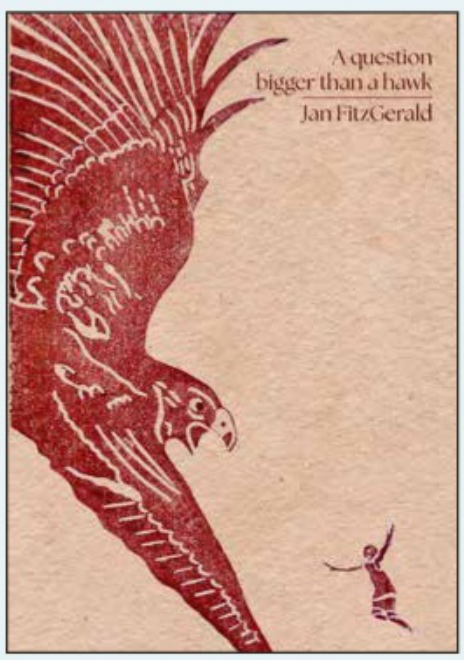
While Patrick's career has been built on thin historical biographies which obscure as much of the past as they reveal, his moral challenge is whether or not he can confront the past in Jesustown – his own, his nation's and his grandfather's – and by so doing seek redemption.

The peculiarity and isolation of Jesustown serves as a liminal space in which Patrick must decide how to live, and how to be a man, among the post-colonial wreckage of Australia's last frontier.

A strange and unsettling read, *Jesustown* should be commended for its unflinching examination of the fraught realities of modern day Australia – just as Daley's journalism does.

If it doesn't quite convince so well as a novel, it's not through want of trying. ▮



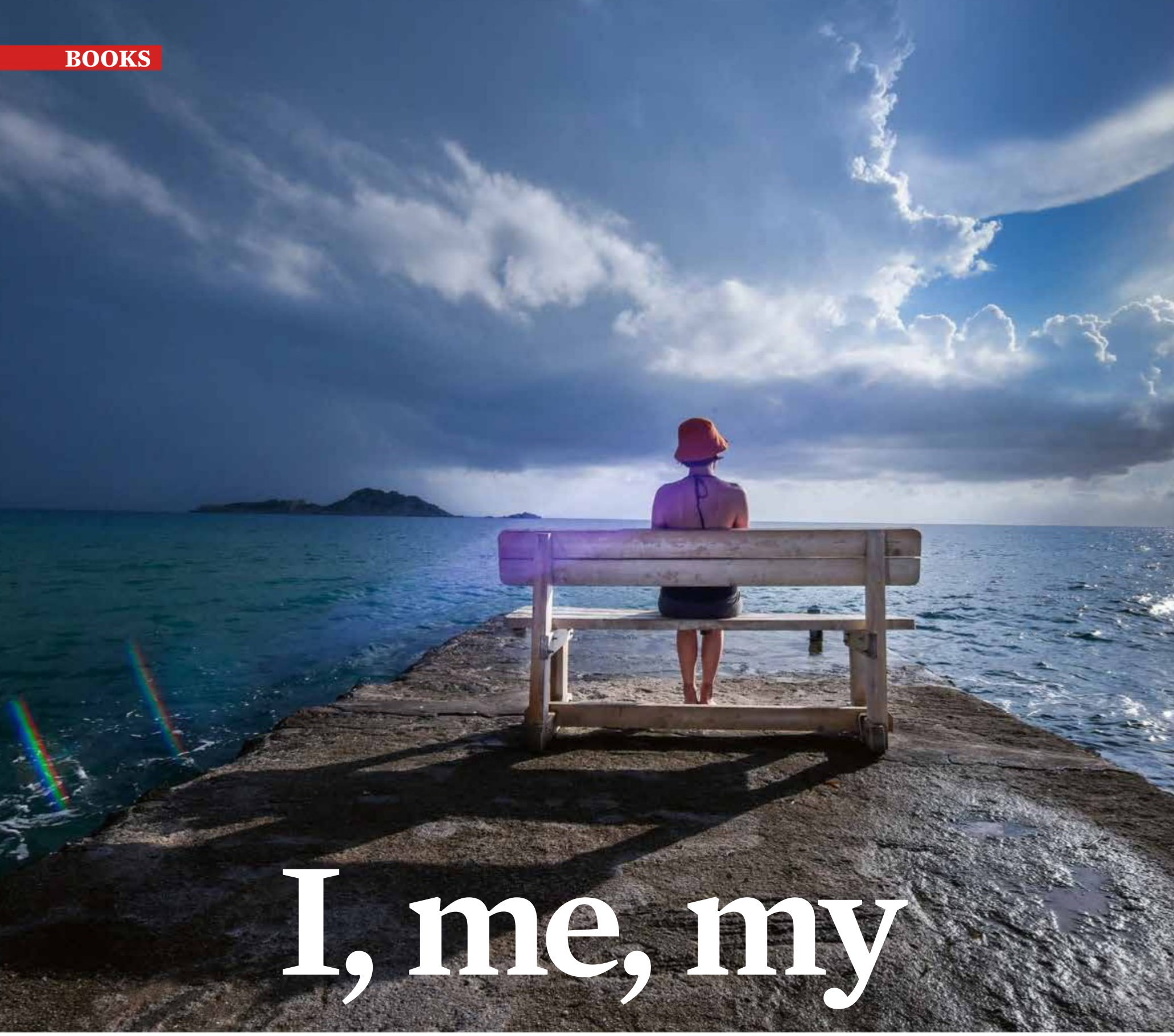


to clog the works, this is a very relatable and humane collection.

NAMING THE BEASTS, *by Elizabeth Morton (Otago University Press, $25)*

Morton produces two poems that are near to perfection. The title work, "Naming the Beasts", is a wrenching child's-eye view of beef cattle being sent to slaughter – a confrontation of humanity and animal presented without soft sentimentality. Next to it is "Time", sounding a very lonesome tune through images of what has been lost. Beasts really are referenced in this collection – wolves, cats, night owls, dogs and crows among others. But despite the title, this is not a celebration of the animal kingdom. Two of Morton's favourite words are "I" and "metaphor", and in her first-person presentation, animals are usually metaphors for human states of mind – frequently very unhappy ones. Often the tone is pessimistic. The poem "If we are alone" posits a universe without meaning. Elsewhere, nostalgia is seen as "an ugly way to unlearn hope". Though the outlook is dark, it adds up to a very thoughtful book with a tight control of imagery that is sometimes opaque. ▮

MIKE BOWERS



I, me, my

What distinguishes lyric poetry, the dominant style in modern verse, is its "radical subjectivity", a new book argues. by TIM UPPERTON

ON MODERN POETRY, *by Guido Mazzoni (Harvard University Press, US$39.95)*

I don't suppose many people think much about modern lyric poetry. I wrote a PhD about it, so I've thought about it more than is probably good for me – but if you ask me what it is, I start bloviating, spouting nonsense. Guido Mazzoni does a better job of it, but in what is a relatively slim volume, he devotes a lot of words to historical, cultural and conceptual frameworks.

Essentially, different times require different forms. Mazzoni doesn't have much patience with the idea of a zeitgeist, the identifiable, prevailing spirit of a particular historical moment. (At the same time, he uses labels like "European Romanticism" because it's almost impossible not to.) Historical moments look cohesive – and coherent – in retrospect, but in actuality are messy, with opposing ideologies battling it out for success. Mazzoni quotes Bourdieu in asserting that "every epoch is above all a field of conflicting forces". Similarly with literary canons – literary works are not objectively good; the works that endure are those that, for complex reasons, triumph over others. Genres, too. Hegel carved up poetry into epic (or narrative), lyric and drama, but these days lyric poetry is the only game in town – narrative and drama have been taken over by the novel and Netflix.

The lyric poem – originally, a poem that was sung to the musical accompaniment of a lyre – is what people mean when they talk about modern poetry. A lyric poem is primarily distinguished by its subjectivity – usually in the first person, it eschews objective fact in favour of how the speaker feels about things. In English literary history, this change from public to personal, plain utterance, from rule-bound convention and artifice to spontaneity and the sovereignty of the imagination, is announced in Wordsworth's Preface to the second edition of *Lyrical Ballads*, a collection of poems he published with

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Coleridge in 1800. Radical at the time, this Preface was a poetry manifesto for Shelley, Byron, Keats and for later poets of the Victorian period. The lyric poem has transformed over the past hundred years or so – particularly in its abandonment of meter and rhyme – but the primacy of the individual and of the individual's feelings has remained. If Wordsworth time-travelled to the 21st century and picked up the poems of Billy Collins or Mary Oliver, the free-verse form might be alien to him, but the subjective response to experience, the poem's articulation of the speaker's feelings, would not be.

To understand modern lyric poetry, you need some understanding of the traditions from which it has evolved, but Mazzoni gives such painstaking attention to this historical evolution that it's a relief and a surprise when he turns, on page 91, to some actual poems by the contemporary American poet Louise Glück. Mazzoni's analyses of these poems, and of poems by the Italian poet Eugenio Montale, are perceptive, and they substantiate his argument that what distinguishes the modern lyric is its "radical subjectivity" – these poems are intimate, private, often obscure. Mazzoni contrasts these with the more publicly oriented, sociable lyrics of Horace and Dante. Mazzoni is a fine cultural historian but he's also an acute literary critic, and I'd love to see more of the kind of analysis he brings to bear on Glück and Montale. He points out that the privacy and intimacy of the lyric shouldn't deceive us into thinking every lyric poem is a confession: the speaker is "a persona and displays itself on the page in an implicit or explicit performance". It's a point often made and just as often ignored, and I wonder what he'd say about the so-called Confessional poets of the mid-20th century: Lowell, Plath, Berryman and Sexton. Plath, in particular, has suffered from obtuse criticism that treats her poems as lightly veiled autobiography.

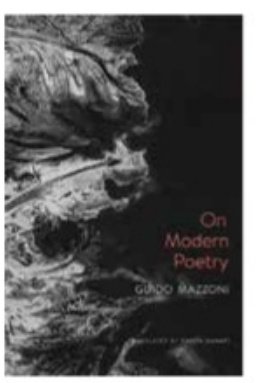
Right, poets Seamus Heaney and Mary Oliver.

"The Nobel Prize winner for literature Seamus Heaney, born in 1939, has had and will have less influence than prize winner Bob Dylan, born in 1941."

But there's no Plath, and only passing mention of Lowell and Berryman; a sprinkling of Eliot, Pound, Whitman and Dickinson. There's Rilke but no Rumi, and even Shakespeare doesn't get a lot of attention. For all its historical depth, this book is quite narrow in its geographic scope. The rich lyric traditions of Japan, China, India and Persia are excluded, and the Southern Hemisphere doesn't exist. It would appear, from these pages, that lyric poetry, ancient and modern, is an almost exclusively European (and mostly Italian) enterprise, with some contributions from the UK and the US.

Furthermore, there is no examination of recent developments in lyric poetry – there is little here on late-20th-century poetry, and even less on poetry in the 21st. Mazzoni does note towards the end that "it is undeniable that the Nobel Prize winner for literature Seamus Heaney, born in 1939, has had and will have less influence than the Nobel Prize winner for literature Bob Dylan, born in 1941". Songs, he says, "have taken the place of poems for the educated lay public" (one might add: and for everybody else, too). This is not, he says, "an aesthetic judgment: modern poetry's social minority status does not mean that today's poems are worse than those a century or two ago, or that contemporary poetry no longer has anything to say". Nonetheless, poems have ceded cultural space to songs. As always, the times, they are a-changin'.

This is a scholarly but accessible work, more focused on the history and evolution of Western lyric poetry and its defining characteristics than on its modern embodiments. I'm reminded a bit of the passage in Charles Dickens' *Hard Times*, where a bright pupil is asked to define a horse: "Quadruped. Graminivorous. Forty teeth, namely twenty-four grinders, four eye-teeth, and twelve incisive. Sheds coat in the spring; in marshy countries, sheds hoofs, too. Hoofs hard, but requiring to be shod with iron. Age known by marks in mouth." It's all correct, as far as it goes, but the essential horsiness is missing. No ideas but in things, US poet William Carlos Williams would say, and I wonder if an anthology of modern lyric poems might reveal more of what they are and how they work than pages and pages of explication do. ▮



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STAT OF THE WEEK

Stats NZ
Tatauranga Aotearoa

New Zealand's median centre is just west of Te Awamutu ...

... half the population currently lives north and south, and east and west, of this point.

Learn more at **stats.govt.nz**

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NZ MC
NEW ZEALAND MEDIA COUNCIL

BRIDGE by David Bird

NORTH
♠ 6 4
♥ A Q 4
♦ J 10 7 5
♣ A K 4 3

WEST
♠ 2
♥ J 10 9 3
♦ 8 6 4 2
♣ Q 9 7 5

EAST
♠ J 9 7 3
♥ 8 7 6
♦ A 3
♣ J 10 8 2

SOUTH
♠ A K Q 10 8 5
♥ K 5 2
♦ K Q 9
♣ 6

Game all, dealer North

West	North	East	South
—	1NT	Pass	3S
Pass	3NT	Pass	4NT
Pass	5H	Pass	6S
All Pass			

South's 3S showed six or more spades and suggested a slam. With only five spades, he would have started with a transfer response. It follows that his 4NT is Blackwood, with spades agreed, rather than being a limit bid. You win West's heart lead with the king and cash the ace and king of spades, West showing out on the second round. How will you continue? You have a certain diamond loser, so you will need to pick up the trump suit. This can be done only if you can arrive at a three-card ending where you hold the Q-10 of trumps over East's J-9. You lead the king of diamonds at Trick 4. Let's say that East wins and returns a diamond, won with the queen. You cross to the ace of clubs and cash the king of clubs, discarding your last diamond. You then ruff a club with the five of trumps and return to dummy with a heart. After a second club ruff with the eight, you lead a heart to dummy's remaining honour at Trick 11. Finally, you lead a diamond from dummy towards your Q-10 tenace in trumps. East's last two cards are the J-9 of trumps. You will overruff whichever trump he plays and claim your slam. The play is known as a "trump coup".

BIDDING QUIZ

WEST
♠ 9 8 3
♥ K J 2
♦ 5
♣ A J 10 9 5 2

West	North	East	South
—	1S	Dble	Pass
?			

What will you respond on this West hand? (Answer on page 58.)

TAKE 5 by Simon Shuker

1	2	3	4	5	6	
7				7		6
8	7	4	1	7	6	8
9		10		9		3
10	1	10	6	6	3	4
2		9				1
	3	6	3	9	1	6

No.1428

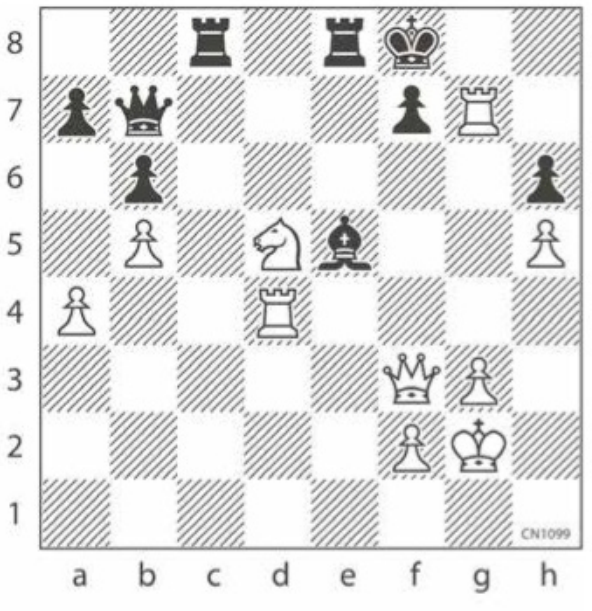
Enter the letter given, then solve.

8 = T

Solution 1427

B	O	O		R	I	B
E		P		E		I
D		I	L	L		B
	O	N		I	N	
O		I	R	E		L
D		O		V		O
D	E	N		E	B	B

BARDEN'S CHESS PROBLEMS



Teimour Radjabov v Pavel Eljanov, Geneva, 2017
White (to play) had built up a fine attack, but Black hoped to have found a flaw with his last move, Be5, which forks both white rooks. How did White force victory?
(Answer on page 58.)

QUIZWORD by Alan Shuker

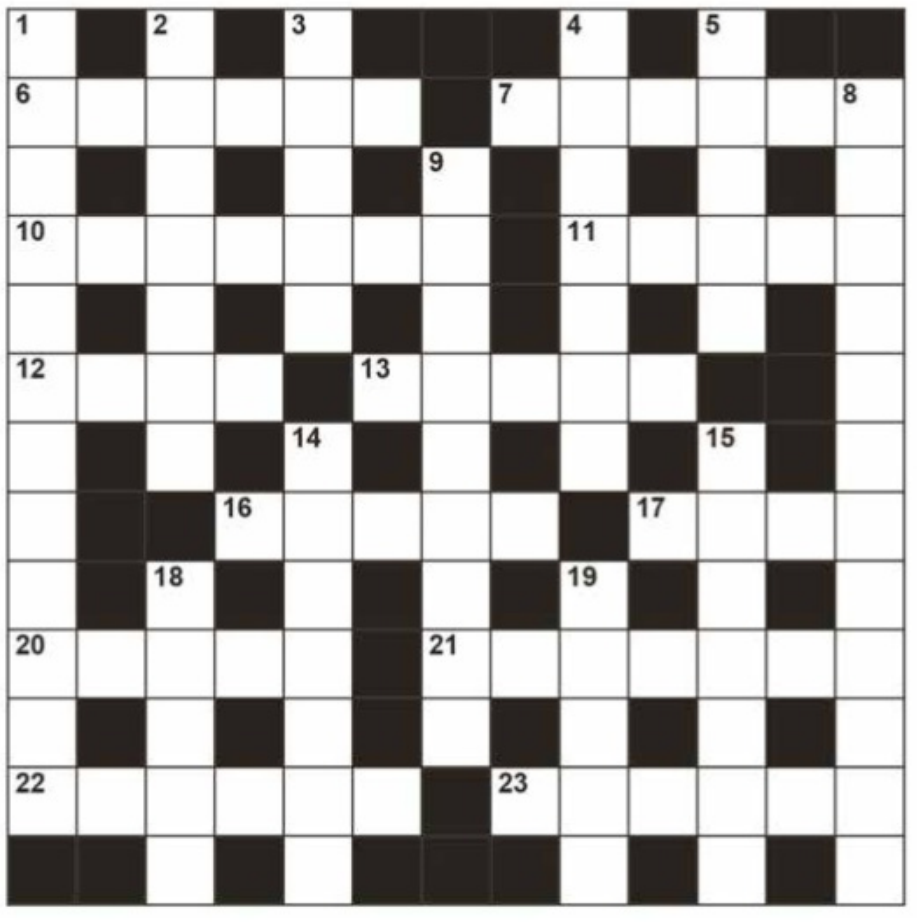
Puzzle No 1664

Clues across

6. Which sports game official enforces the rules? (6)
7. Nicknamed "the Silver State", which US state produces the most gold? (6)
10. What usually circular figure represents the universe in Hindu and Buddhist symbolism? (7)
11/12. Al Capone's gang promised which law enforcer $1000 a week if he turned a blind eye to their bootlegging activities? (5,4)
13. What thick woollen fabric originated in rural Scotland and is still produced there? (5)
16. Released in December 1968, *James Taylor* was the first album by a non-British artist on what record label? (5)
17. In what city was writer Jo Nesbø born? (4)
20. What highly toxic protein from the seeds of the castor oil plant has been used as a warfare agent? (5)
21. What major river forms part of the border between Colombia and Venezuela? (7)
22. What slushy ice dessert is usually made from fruit juice? (6)
23. Opened in London in 1902, which film studios are the oldest continuously working in the world? (6)

Clues down

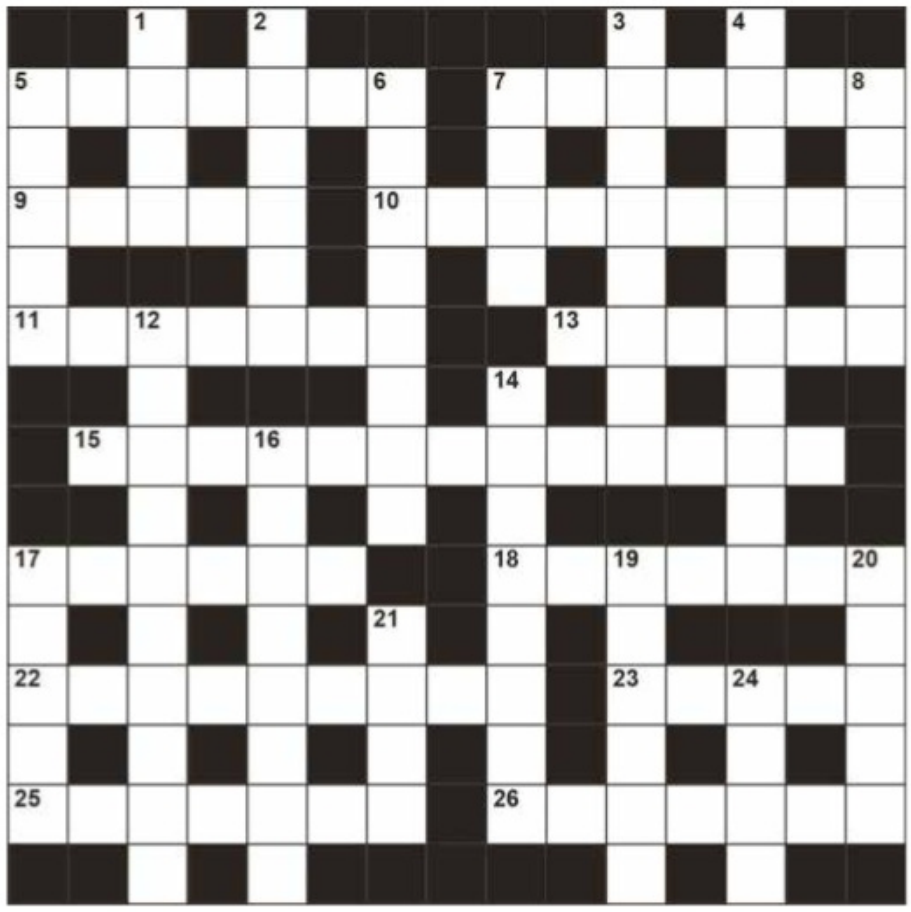
1. What creatures are the only non-insects capable of flying backwards? (12)
2. While English has the most speakers globally, Mandarin Chinese has the most native speakers. What is the next most spoken native language? (7)
3. Which former English silver coin was worth four pennies? (5)
4. What is a young hare in its first year? (7)
5/8. In charge of the BBC's introduction of colour broadcasts, who influenced the use of yellow tennis balls, which were more easily seen on screen? (5,12)
9. Whose most celebrated work is her 1983 novel *The Life and Loves of a She-Devil*? (3,6)
14. Still common, what were among the first animals on Earth? (7)
15. In 2011, what country held the world's first underwater draughts tournament, with the event verified by Guinness World Records? (7)
18. What natural clay earth pigment has been used in art since prehistory? (5)
19. What is New Zealand's only native palm species? (5)



Solution 1663 **Across:** **1** Cyclists, **7** Salvo, **8** Thirtieth, **9/10** Bob Hope, **11** Cairns, **13** June Whitfield, **15/16** Steffi Graf, **18** Ait, **20** Education, **21** Curry, **22** Nebraska. **Down:** **1** Catch, **2** Crippen, **3** Iota, **4** *The Magic Flute*, **5** Clubs, **6** Boy band, **7** Sheriff, **12** *Sweeney*, **13** Jamaica, **14** Earwigs, **15** Stars, **17** Fonda, **19** *Hair*.

CROSSWORD by David Tossman

Puzzle No 1296



Clues across

5. Tall structure, ancient, with everything included (3,4)
7. Trendy character makes her spit (7)
9. Follows Green practice so aims to sink (5)
10. A position of little importance in the public eye (9)
11. Many a fraud committed selecting actors (7)
13. Persistently annoy Abraham's wife, who flips shilling (6)
15. American bangs on the dole – a perk for those in employment (6,7)
17. Joints' head of security wrapped in legal documents (6)
18. Evidence discarded by the barista (7)
22. At home, Hemingway takes the smallest article seriously (2,7)
23. A dashing fellow goes for a bit of a skate on the ice (5)
25. European, angry about outrageous lie, sent a message from his computer (1-6)
26. Deputy head had a yearning to be forsaken (7)

Clues down

1/17. Uninspiring omelette – no yolk – made at the cafe (4,5)
2. I follow a social climber up a little tree (6)
3. Guru swallows medication for unintended release of fluid (8)
4. Antagonist upset by a lack of activity (10)
5. In India, spice covers jelly (5)
6. Architect resigned in a tizzy (8)
7. Solid kick delivered by Dr Who of all people (4)
8. Tears into shreds a demand from the council (5)
12. An army chaplain? (10)
14. Carrying some extra kilograms having worked in a restaurant I hear (8)
16. Those with an aptitude turn, alas, off (8)
17. See question 1
19. Cycles, as an alternative, with components (6)
20. The old warhorse set off with Hillary (5)
21. Buck up with some clarinet perhaps (4)
24. Pine used in constructing tea chests (4

Solution No 1295

R A F E I
BREAM ABDOMEN
R A E R I A K
CONDENSE BARBIE
T E A A L X N
CHERUB SKEWING
E L T S
CREATED BATTERY
R A N A
DECOYED CANOPY
R H A V E U P
MOSAIC INSPADES
W I K S T N R
SECRETE ROCKS
Y R D Y E

su | do | ku

Fill the grid so that every column, every row and every 3x3 box contains the digits 1 to 9.

	1							4
3	8				1			
6				8				
8	6							5
	9		6		2		3	
5							1	2
				9				8
			4				9	1
1							6	

841 MEDIUM

	5		8			3		
					3		6	
					2		8	4
8	2				6		4	
		6				7		
	4		1				5	8
3	9		7					
	7		6					
		4			8		3	

652 HARD

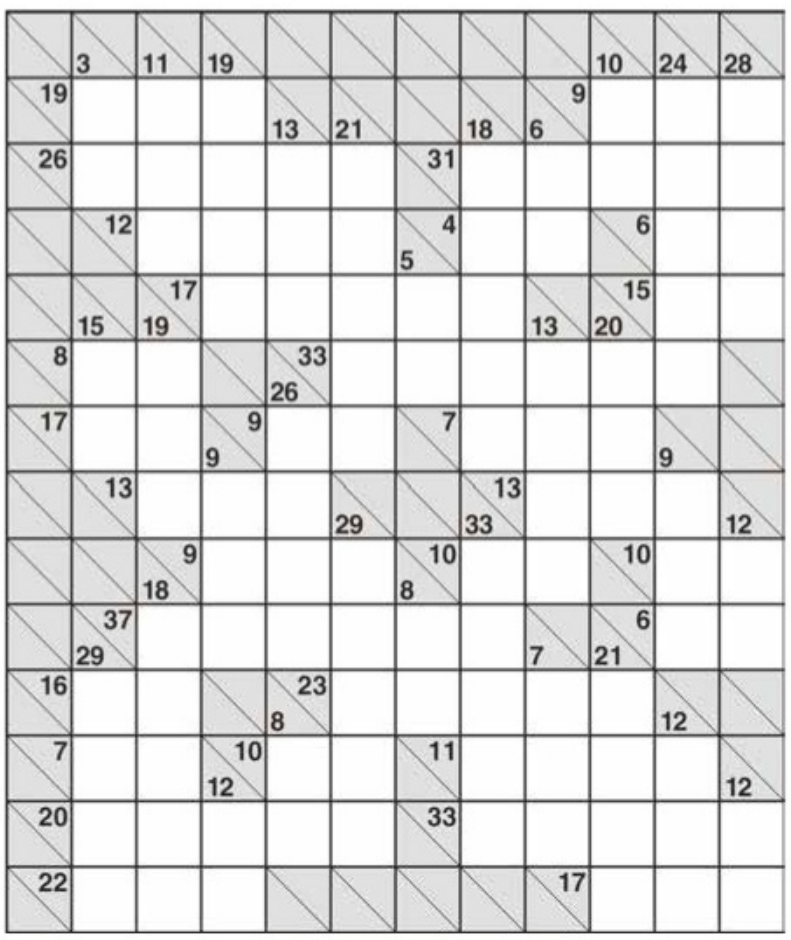
LAST WEEK'S SOLUTION

4	5	7	9	1	3	2	8	6
6	9	8	7	2	5	4	1	3
3	2	1	6	4	8	9	5	7
2	1	9	3	5	6	7	4	8
8	7	3	4	9	1	6	2	5
5	4	6	2	8	7	1	3	9
7	8	5	1	6	4	3	9	2
9	3	4	8	7	2	5	6	1
1	6	2	5	3	9	8	7	4

LAST WEEK'S SOLUTION

3	1	8	4	5	6	9	2	7
5	2	7	1	9	8	4	3	6
4	9	6	7	2	3	5	8	1
7	3	1	6	8	4	2	9	5
6	4	2	9	3	5	1	7	8
9	8	5	2	1	7	3	6	4
2	5	3	8	7	1	6	4	9
8	6	9	5	4	2	7	1	3
1	7	4	3	6	9	8	5	2

KAKURO 815



1. Place a number from 1 to 9 in each empty box.
2. The sum of each vertical or horizontal block equals the number at the top or on the left of that block.
3. Numbers may be used only once in each block.

LAST WEEK'S SOLUTION

	9	7				7	6		
1	6	2	4	3		9	7	4	8
4	8	6	9	7		5	3	1	2
		1	8	2	9		8	5	
1	3		7	5	8	3	9	6	
2	6	1	3		5	1		7	1
4	9	8	5	6		9	5	8	7	4
	8	2		2	6		1	9	2	3
		4	8	3	5	1	2		8	1
		6	9		7	2	3	1		
	4	3	1	8		7	9	3	8	5
	8	5	6	9		5	8	2	6	1
			3	5				5	9	

BRIDGE BIDDING QUIZ SOLUTION

You are worth a response of 3C. This suggests around 9-11 points and here you have a 6-card suit to bring to the party. Remember that a response of just 2C could be made on a hand that contains almost nothing in terms of high-card points.
Awards: 3C – 10, 2C – 6.

CHESS SOLUTION

1 Rg8+! Kxg8 2 Nf6+ Bxf6 3 Rg4+ and 4 Qxb7 gains decisive material.

10 QUICK QUESTIONS ANSWERS

1. A menhir is a large stone monolith, often carried by Obelix.
2. *Middle Age Spread*.
3. Richard Hadlee holds the record, with 431 wickets.
4. Papua New Guinea.
5. Hen.
6. Halley's Comet is depicted on the Bayeux Tapestry, following its visit in 1066.
7. Jacqueline Kennedy wore a pink suit on the day her husband was assassinated.
8. True. The trip took about 50 days and was the world's longest bus route. The service ended in 1976.
9. February 29, since it only occurs in leap years.
10. Quebec.

LOGIC PUZZLE DIAMONDS

Four clients buy diamonds of different colours and weights:

1. One was a 0.9 carat purple diamond.
2. Regarding Gwen and the person whose purchase was 1.1 carats, one of them bought an orange diamond.
3. Regarding Travis and Lois, one had the heaviest diamond and the other had a pink diamond.
4. Lois' diamond is 0.4 carat heavier than Michael's.

Using these clues and the grid below, can you work out the weight and colour of each client's diamond purchase?

		CLIENT				WEATHER			
		Gwen	Lois	Michael	Travis	Blue	Orange	Pink	Purple
CARATS	0.7								
	0.9								
	1.1								
	1.3								
COLOUR	Blue								
	Orange								
	Pink								
	Purple								

You may write your answers in this grid:

CLIENT	COLOUR	CARATS
Gwen		
Lois		
Michael		
Travis		

CLUELESS CROSSWORD

Each letter of the alphabet is represented by a different number from 1 to 26. Use your knowledge of English to solve the crossword. Some clue letters are given.

5	8	20	14	G		18	19	12	6	7	14	18
8		24		9		12		8		19		23
3	14	22	19	22	15	19		8	13	7	23	19
23		19		3		1		16		7		22
24	21	12	14	14		6	19	25	J	14	22	21
8				19	11	19	17			14		
20	24	8	1	7	19		8	23	19	1	8	1
		9			5	14	1	8				9
16	14	22	10	14	24	22		2	24	8	11	1
19		9		9		24		24		26		P
3	19	16	4	1		14	2	8	23	9	1	8
8		25		7		22		11		19		16
23	8	1	24	1	7	1		1	18	12	24	7

1	2	3	4	5	6	7	8	9	10	11	12	13
									J			
14	15	16	17	18	19	20	21	22	23	24	25	26
				P			G					

A B C D E F G H I J K L M
N O P Q R S T U V W X Y Z

SCATTERWORD

Your aim is to create words of four letters or more using the given letters once only but always including the middle letter. Do not use proper names or plural/verb forms which add only "s".

See if you can find the nine-letter word using up all the letters.

11 GOOD

14 VERY GOOD

16+ EXCELLENT

PERMUTATE TEMPERATE

Your aim is to change the top word one letter at a time, each time rearranging the letters to create a new word. Perform one such permutation for each blank line below until you arrive at the last word. There is usually more than one correct solution. See how many you can find in 15 mins.

C A R A T

_ _ _ _ _

_ _ _ _ _

_ _ _ _ _

_ _ _ _ _

B E V E L

Last week's solutions. Logic Puzzle: The north coast was overcast, with a high of 23°C; the south coast was sunny and reached 29°C; the east coast had a storm, with a high of 26°C; and the west coast had drizzle and a high of 20°C. **Scatterword:** HANDIWORK, handwork, hairdo, inroad, ordain, onward, kowari, hoard, radio, adorn, radon, Koran, drown, rhino, road, woad, hoar, whoa, okra, roan, dhow, nodi, down, word, honk, horn, ikon, iron, wino, know, work, worn. 32 words. **Permutate:** HEAVY, ACHEY, ACHED, DECAL/LACED, CLUED, CLOUD **Clueless crossword:**

1	2	3	4	5	6	7	8	9	10	11	12	13
G	H	K	M	T	A	D	Q	V	B	P	R	Y
14	15	16	17	18	19	20	21	22	23	24	25	26
O	Z	E	J	S	N	U	L	W	I	X	F	C

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Wings of memories

A film about the greatest British bomber of World War II focuses on its role in Hitler's defeat and the men who flew it and survived against the odds. by RUSSELL BAILLIE

The stirring war documentary *Lancaster* may be about the slow and sturdy British bomber that turned much of Nazi Germany to rubble more than 75 years ago, but making the film was a race against the clock.

When David Fairhead and his co-director, Ant Palmer, made *Spitfire*, their 2018 hit cinema feature about the iconic British fighter, the average age of the pilots they interviewed was 92. The average age of the 38 Lancaster veterans was 95. Of those who appear in the film, more than a dozen have since died, Fairhead tells the *Listener* from his home in Surrey. Although he's sad that many of the men he and others interviewed have gone without having seen the finished film, it allowed them to tell their stories and reflect on being the lucky ones – out of the 125,000 in the Royal Air Force's Bomber Command, some 55,000 died. Air crews' chances of survival were less than for a soldier in the trenches of the Western Front during World War I.

Some veterans talk about feeling shunned and shamed after the war for flying bombers, while many have a well-practised line of we-had-a-job-to-do. Still, some have mixed feelings about their service as men not long out of their teens. As former Lancaster pilot Peter Kelsey says at the start of the film: "I fought my war from five miles up. I dropped at one time seven or eight tonnes of bombs on somewhere. Came back. Had my breakfast and got on the booze the next day, thought nothing of it ... I realise what I had done was fundamentally wrong, but the circumstances were such that we did it. I can't reconcile those two viewpoints."

Those who have died since making their contribution to the film include RNZAF bombardier and Distinguished Flying Cross recipient Ron Mayhill, who after the war was a teacher at Pukekohe High School and Auckland Grammar. He was interviewed for the doco by Jude Dobson before his death in 2020. He is the sole New Zealander among veterans representing various Commonwealth air forces in Bomber Command.

After the almost exclusively British rollcall in *Spitfire*, Fairhead says he was determined to show in *Lancaster* how Bomber Command was a case of the empire strikes back. Air and ground crew veterans from Australia, Canada and the West Indies are also included among Brits of many regional accents and social classes.

"It's probably fair to say that Bomber Command selected its crews from across the broader spectrum of society," says Fairhead. "But you also have to say that the RAF was brilliant at selecting people for jobs. Just as they saw a need for individualism with pilots for Fighter Command, in a bomber crew, you had to be a team player."

Lancaster may be named after the plane, but via the

From far left, an Avro Lancaster II in flight in 1943; the crew of a Lancaster bomber walk away from their plane after a flight that same year.

GETTY IMAGES

accounts of the veterans, it becomes a fascinating account of what it was like to be one of the seven men inside one, night after night raining death upon Germany, all the while knowing that your own number might be up.

Among the interviewees, former pilot Ernie Holmes remembers returning from a disastrous raid on Nuremberg where the RAF lost 96 aircraft in one night, with more crew killed than in the entire Battle of Britain. "That's 672 empty chairs at breakfast."

It also features German-born Ursula Van Dam, then a teenager living on the outskirts of Dresden, which suffered the most infamous RAF raid of the war in early 1945. She recalls the approaching Lancaster squadrons rattling the windows, and the piles of burnt bodies in the razed city in which 25,000 died during the ensuing firestorm. Even Winston Churchill had his regrets afterwards: "The destruction of Dresden remains a serious query against the conduct of Allied bombing," he wrote.

Elsewhere, there are accounts, too, of the plane's development, the famous Dambusters raid, and other pivotal points in RAF WWII history. But it's the veterans' vivid recollections along with some elegant aerial photography of one of the two planes still flying that makes *Lancaster* more of a movie than a museum piece. A suitably majestic soundtrack alternating with the drone of four Rolls-Royce Merlin engines and the wing-commander tones of narrator Charles Dance all add to the atmosphere.

"If you want to know how many rivets there are in the Lancaster, read a book," says Fairhead on the subject of making his film about a piece of machinery actually about the humans who flew the planes. "But if you want to know what it was like to actually fly in one in combat, watch the film."

Air crews' chances of survival were less than for a soldier in the trenches of the Western Front during World War I.

After *Spitfire* and *Lancaster*, Fairhead and Palmer are now turning their attention to complete a trilogy with a movie on the de Havilland Mosquito, the versatile fighter-bomber that also saw service in the RNZAF. Some of the aircraft still flying today were restored in New Zealand by the late Glyn Powell and Ardmore-based company Avspecs.

Again, the clock is ticking. Those who flew them in WWII are also fast disappearing, with veterans having an average age of 99. The plane was called "the wooden wonder" for its non-metal construction. But Fairhead says the doco's narrative will be about the Mosquito as a plane that actually pointed to the future.

"And so, one of the things I'm asking the veterans when we interview them is, did they allow themselves to think about the future? Of course, the amazing thing is they didn't. They had to live absolutely in the moment, because as far as they knew, they might be lost the next day and they couldn't spend their waking hours thinking about possibilities for the future." ▮

Lancaster *is at cinemas from September 1.*

FILM

SARAH WATT

Sex, frankly

Emma Thompson stars in a two-hander that's laugh-out-loud funny.

GOOD LUCK TO YOU, LEO GRANDE

directed by Sophie Hyde

Despite its awkward title, this witty two-hander about late-aged sexual awakening between a widowed teacher and a young male sex worker is a fabulous, hilarious and heartwarming joy.

Emma Thompson excels (well, when doesn't she?) in the perfectly cast role of Nancy, a retired religious education teacher who hires the intimate services of Leo (*Peaky Blinders*' charismatic Daryl McCormack) in an uncharacteristic moment of rash curiosity. The film tracks Nancy's clandestine hotel-room encounters with the much younger man as the couple meet periodically and learn about each other's lives, losses and lamentations. There's also some pretty frank talk about sex.

The brilliant script, written by British comedian-actress-writer Katy Brand, bounces effortlessly between pathos and pillow talk, and though some will say it's unrealistic to think any young man in this line of work could be so insightful and beguiling as the luscious Leo, the verbal and physical chemistry between Thompson and McCormack totally sells it.

Director Sophie Hyde (*Animals*) takes Brand's astutely written words and transforms the beige, one-room location into a

Hem and us

A doco on trendsetter Mary Quant inspires.

GETTY IMAGES

QUANT

directed by Sadie Frost

Those who saw the recent Mary Quant exhibition at Auckland Art Gallery (a well-received loan from London's V&A design museum) may wonder whether there's anything left to learn from this documentary about the infamous inventor of the mini-skirt. One thing the film has going for it is that you won't have to jostle to read the tiny print on exhibit description cards; the downside of film-maker Sadie Frost's (the ex-Mrs Jude Law) frenetic style is you get only a few seconds to take in each frame before it cuts to another black-and-white photograph/sliver of archive footage/extreme close-up of a woman's lips revealing a gap-toothed smile.

To Frost's credit, the actress and clothing designer's feature directorial debut boasts incredible access to period interviews with the softly spoken fashion firebrand, enlightening audio commentary from Quant's husband and business partner Alexander Plunket Greene (who died in 1990), and contemporary chat with her godson, designer Jasper Conran. Quant's trajectory from the preternaturally photogenic small child in happy family photographs to co-owner of Bazaar, the first-ever boutique on the King's Road, is inspiring – very much

Emma Thompson and Daryl McCormack: superb.

magical land of awakening. Repressed Nancy journeys from nervous, overthinking wreck (the ex-schoolteacher begins by reciting a list of "achievable" goals for their sessions: "Number three, we do a sixty-nine, if that's what it's still called?" she inquires over librarian glasses) to enlightenment, as the much younger fellow gently puts her right on a few misapprehensions. Interestingly, the judgments to be disavowed aren't just sexual or aesthetic but also sociopolitical – Nancy has spent a career tasking students with essays about the morals of sex work, and once she is assured she's not exploiting a trafficked orphan, the script makes astute observations about how escort work is viewed in society. It's also notable the extent to which consent is a factor in Leo and Nancy's interactions – this comes across as perfectly natural, and should act as a pertinent lesson to viewers of all ages.

It's the misbeliefs about how we view the female body that will likely resonate with the majority of the film's audience.

In particular, it's the misbeliefs about how we view the female body that will likely resonate with the majority of the film's audience. Along with being laugh-out-loud funny and a showcase of superb performances, *Good Luck To You, Leo Grande* provides a glorious reminder to all humans to revel in what pleasures these skin-covered vehicles for the soul can provide. ★★★★½

IN CINEMAS NOW

Fashion firebrand Mary Quant: incredible period interviews.

a case of "if you believe in it, they will come" as Quant began designing clothes for young people who didn't want to dress like their mothers.

Frost wheels us on a dizzying journey through mid-20th-century history, from the groundbreaking coffee bars of the 1950s to the first flutters of women's lib protests and into the 1960s, when the Pill and shrinking hemlines enabled the emancipation of women who report "the mini-skirt was so much fun!"

At a scant hour and a half, the documentary packs in a lot by bombarding the viewer with images, unmemorable soundbites from ageing rock stars and pointless "dramatisations" of an actress cast solely to look like Quant and smile beguilingly at the camera. Due to her age and health, there is no contemporary comment from actual Quant (now a 92-year-old Dame, long since retired), but the line-up of fashionistas who recount her legacy leaves us in no doubt as to the impressive reach that Quant had on fashion. ★★★

Quant began designing clothes for young people who didn't want to dress like their mothers.

IN CINEMAS NOW

Gloriavale's grip

An observational doco on the controversial cult community lets its subjects do the talking.

GLORIAVALE
directed by Noel Smyth and Fergus Grady

You wait decades for a revelatory story about the Gloriavale Christian Community, and then three come along at once.

That's not meant to sound flippant – it's a tragedy that there even need be one exposé about the reported abuses and life of pseudo-slavery of a community that started in Rangiora in 1969 with the best of back-to-basics Christian intentions, and has gone on to become the poster child for religious extremism here. Its founder, Hopeful Christian, was convicted of sexual offences in the 1990s, and as more and more members have left over the years, there have been rumblings about the mistreatment of women, the abuse of children, and the enforced separation of families.

Gloriavale, which screened in this year's New Zealand International Film Festival, is the third take on this troubling tale to come out in the past 12 months. It follows an excoriating episode of TVNZ's *I Am ... A Cult Survivor* in which David Ready (younger brother of *Gloriavale*'s protagonists) described the horrific grounds for his escape. Then, in June this year, John Campbell conducted his own investigation prompted by an Employment Court decision on whether Gloriavale members are employees or volunteers. It's this court case that is at the centre of Smyth and Grady's (*Camino Skies*) film, which also profiles other members of the Ready family.

Despite its distinctly made-for-TV tone, the observational documentary eschews voice-over to let its subjects do the talking, but this is only partly successful. Virginia Courage speaks compellingly of relentless working hours and unchallenged subservience, while her mother, Sharon – one of the only interviewees still living inside the community – meekly recounts a devastating story of loss. (This anecdote occurs in all three productions, but, strangely, *Gloriavale* leaves out critically important details that would lay blame at the appropriate feet.) But older brother John Ready makes for a less-engrossing subject, giving little away except for a palpable anger.

For dramatic purposes, an employment law case is never going to be as gripping as a criminal case. Committed lawyers and investigators help to contextualise the challenges of bringing about justice for Gloriavale's brave leavers, but ultimately this feels like a lacklustre take on a devastating reality that has been explored much more effectively elsewhere. ★★★

IN CINEMAS NOW

It's no joke

With a new purposefully unfunny album out, Bret McKenzie reflects on why life isn't always a happy song. **by RUSSELL BAILLIE**

As it says on the tin, *Songs Without Jokes* is a non-comedy album by Bret McKenzie, a man whose songs with jokes have done quite well, whether sung by him and that other guy in Flight of the Conchords, or by Muppets.

It's not that he's run out of jokes or that he's taken by the mood of the times – though he is ruminating on the state of things on songs such as *This World*, the lockdown-inspired *Crazy Times* ("I guess everyone wrote a Covid song") and the melancholy *Carry On*.

The last has McKenzie reflecting on being a parent and leaving an ailing planet to the next generation. The album cover has him at an electric piano on Wellington's south coast in seemingly rising seas.

"Everyone's concerned about the future of the planet, but I think, as a parent, it's quite confronting. That sense of responsibility for the next generation is definitely a theme in there," the father of three tells the *Listener* from his home in a waterlogged Wellington.

"A lot of songs I'd write in the evenings after the kids were in bed, and reading the news and I'd be like, 'Gee, things are not looking good', and then I'd start playing the guitar – that's where a few of them came from."

"Now I've done it, I'm a little more casual. I'll be writing new songs and I don't mind if they are funny now."

So, yes, it's a personal album and it's disconcerting hearing the voice of so many FOTC pop parodies now not playing it for laughs. It was odd for him, too.

"Being so used to working with things that are just sort of wrapped up in a joke or a character or someone else singing them, it was quite unusual for me to have a more open-hearted kind of approach to songwriting."

But the album didn't spring from McKenzie needing to say something serious. Its roots lay in his ties to his past FOTC and movie music recordings with Los Angeles producer Mickey Petralia – the pair wondered about doing an album, free of Kermit and co, but using the same top session players.

Songs Without Jokes features such musicians as bassist Lee Sklar and guitarist Dean Parks, both of whom have a daunting list of album credits dating back decades.

Bret McKenzie: "a more open-hearted approach to songwriting."

When McKenzie said he wanted a Steely Dan feel on one song, Parks, who had played on five of the band's albums, obliged with a smile.

Yes, they initially thought they were being hired for a comedy record. After all, the last time the New Zealander had worked with Sklar – a man who actually looks like he could have been a member of Muppet band Dr Teeth and the Electric Mayhem – McKenzie had been singing Miss Piggy parts.

Still, if the songs are more serious, they are certainly breezy in a 1970s-80s kind of way. *If You Wanna Go* has echoes of Randy Newman and Elton John; *Dave's Place* and *Here for You* owes something to how American band the War on Drugs has recently recycled Dire Straits. *Here for You* sounds like brooding stripped-back wall-of-synthesiser

hand-on-heart Springsteen, while *A Little Tune* does jazzy Harry Nilsson things to its Tin Pan Alley tune.

But it's all more homage than the FOTC send-ups of old.

"In Conchords, we were often parodying a style, but with a lot of care and love for the original sound. In this one, it wasn't like parodying a style, but we were leaning on styles we loved and seeing how they could combine with a song."

With an imminent national then a US tour with a large band of Wellington musicians, McKenzie says he's about to find out whether the following he's earned as a musical comedian can take him seriously. Since the recording, he's found he's not quite as serious about being serious any more.

"Now that I've done it, I'm a little more casual about things being funny. I'll be writing new songs and I don't mind if they are funny now."

Songs Without Jokes isn't his first solo effort. Having been the keyboard player for the Black Seeds in the band's early days, McKenzie released an album of electronic, reggae-fied chilled pop as "the Video Kid" in 2004, just as FOTC began to take off. What would the cool "Kid" think of his sophomore effort?

"I think he'd love all the synths," says McKenzie, with a laugh. But he might be confused about the retrospective music and concerned parent touches? "Totally." ▮

Songs Without Jokes *is out now. Tour dates: Trafalgar Centre, Nelson, Sept 2; James Hay Theatre, Christchurch, Sept 3; Opera House, Wellington, Sept 8; Royal Whanganui Opera House, Sept 12; Opera House, Hastings, Sept 13; Concert Chamber, Auckland Town Hall, Sept 15.*

MUSIC

GRAHAM REID

Big ideas

Cass McCombs' latest album is captivatingly complex and rewards repeated hearings.

Cass McCombs: his music can be broody or elevating, bluesy or brightly poppy.

HEARTMIND, *by Cass McCombs*

Although the name might not be familiar, if we judge people by the company they keep, we'd be impressed by Californian singer-songwriter Cass McCombs' pals: singer-guitarist Steve Gunn (touring here next month), Arizona's psyche-desert rockers Meat Puppets, Angel Olsen (these pages, July 9), acclaimed pedal-steel player Greg Leisz (touring with Jackson Browne next year) ...

And Wynonna Judd provides backing vocals to one song on his new *Heartmind* album.

McCombs is perhaps the finest singer-songwriter most haven't heard of, yet some of his songs rack up tens of millions of Spotify streams, and he's now 10 albums into a career.

His music can be broody or elevating, bluesy, tightly wound like the late Elliott Smith, or – as on *Heartmind* – brightly poppy (*Karaoke, New Earth*), rocking (*Music Is Blue*) or suggesting a narrative (*A Blue Blue Band*).

But, like a Chinese box revealing another within, his words juxtapose the enigmatically lyrical with the literal and can lean towards the allegorical.

Vice magazine referred to his "Walmart mysticism" because he lives in, and sings of, the material world, but says he's read the Hindu philosophical text *Bhagavad Gita* since high school.

A dharma bum who, on the eight-minute-plus *Heartmind* title track, stretches into a metaphysical meditation about the body and soul before a leisurely instrumental of saxophone and angular drumming that threatens to devolve into free jazz.

McCombs' songs resonate in their detail, as in the moving *Unproud Warrior*, about a young man who enlisted at 17 and lives now with the regret. It's a lament for lost youth and opportunities ("you had more choices than they let on, a soldier is not a cog"), as McCombs mentions SE Hinton and Mary Shelley writing their seminal work – *The Outsiders* and *Frankenstein* respectively – when they were teenagers, and Stephen Crane just 23 when his *The Red Badge of Courage* was published.

With its supple beat, violin, lap steel by Judd's husband Cactus Moser and saxophone, the album lies somewhere between John Prine's Americana, the speak-sing style of Sun Kil Moon (Mark Kozelek) and Van Morrison's Celtic soul.

Elsewhere, the catchy pop of *Karaoke* namechecks classic songs (*Stand By Your Man, Unchained Melody*), but questions whether the partner's emotions are genuine. Or if, like singing karaoke, just one step removed from reality where it's "all a kind of pantomime". Then the narrator admits going through the (e)motions, too.

Heartmind – its portmanteau title reflecting the dichotomy to be resolved – is a captivatingly complex album rewarding repeated attention, and although there's personal loss (*Belong to Heaven*), there are also bigger ideas considered.

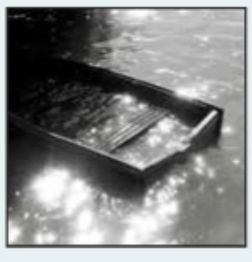
New Earth is breezy with birdsong, yet set the day after the last day on Earth ("a glad day after a very bad day") when you "thank God time has ended".

McCombs describes it as "welcoming in a new dawn where wildlife crushes technology".

Maybe it's that, too.

Whatever. Literal or metaphorical death – or the post-apocalypse – has never sounded so weightless, dreamy and bathed in reassuringly warm light. ▮

Heartmind *is available digitally, on CD and limited-edition vinyl*



GETTY IMAGES

TV PREVIEW

Surf and turf

This year's *Celebrity Treasure Island* features a bounceback expert and a Dame who might prove hard to squash.

Survivors: hosts Matt Chisholm and Bree Tomasel.

CELEBRITY TREASURE ISLAND, *TVNZ 2, Monday to Wednesday, from September 5, 7.30pm.*

There's something particularly New Zealand about the *Treasure Island* TV story: it is, like *Popstars* before *Idol* and *Radio with Pictures* before MTV, the unheralded Kiwi predecessor of an entire television genre.

It first appeared on screen on June 1, 1997, two months before the Swedish show *Robinson*, the original instance of the global *Survivor* format. Its creator, Touchdown Productions' Darryl McEwen, is the plucky Richard Pearse to *Survivor* creator Charlie Parsons' Wright Brothers.

The *Celebrity Treasure Island* iteration was launched four years later but ended in 2004, outlasted by the original and apparently running out of willing celebrities. In 2019, it returned and – despite a pandemic break in 2020 – has flourished. The 2021 season was TVNZ 2's highest-rating show for the year.

The original three seasons were respectively won by a celebrity builder, a soap actress and an All Black. The 2022 lineup features an All Black (Ron Cribb), Black Fern (Melodie Robinson), a whole flock of actors – and a celebrity scientist (Covid commentator Dr Joel Rindelaub) instead of a builder, because these are the times we live in. There's also Susan Devoy, former world squash champ and race relations conciliator. She's the first Dame to take on the challenge. Why? Mostly because she was promised there wouldn't be too much swimming, it turns out.

"My agent rang and I asked a few questions about what it entailed," says Dame Susan. "I had seen the show and anything to do with water sort of worries me. I'm not terribly confident in the water, in fact I have real fear of not just going in the water but putting togs on. So, I asked what the proficiency of water abilities would be and he said, 'You have to swim 25m to a pontoon in open water' and I thought, 'I suppose I could do that.'"

This is also the first season to feature a dad-daughter duo, which may say something about the size of our celebrity talent pool. Twenty-four-year-old Alex King, a singer and radio host, chose to raise money for her father Mike's charity, I Am Hope. Mike, who will feature as one of three "intruders", insists he never wanted to be on the show, "but the reason I'm here is to support my girl". She says if it came to it she'd eliminate her dad because "I would hate for anyone else to eliminate him". Mike insists that "if Alex and I are in a challenge, I am laying down and losing." We can see where this is going.

The biggest category among this year's 21 contestants are actors – all eight of them, including five *Shortland Street* veterans (Courtenay Louise, Lynette Forday, Shimpal Lelisi, Siobhan Marshall and Te Kohe Tuhaka). There's also *Vegas* lead Eds Eramiha, Karen "Officer" O'Leary of *Wellington Paranormal* and Perlina Lau, one of the stars of the brilliant *Creamerie* and the presenter of RNZ National's *Worldwatch*.

The real pressure might just be on the only full-time comedian in the lineup, Guy Montgomery, who is supporting Auckland City Mission. Last year, his colleague Chris Parker was the first comedian winner, benefiting Rainbow Youth in the process. Montgomery's challenge is to follow in Parker's footsteps. To do that, he's bought some amphibious shoes – "outside of my traditional sartorial decisions" – and a raincoat.

However, to us the strongest contender looks like trampolinist Dylan Schmidt, who at last year's Tokyo games became the first Kiwi to win a medal in any Olympics gymnastics discipline. He's young, mentally disciplined and could probably somersault the 25m to that pontoon. It will also be amusing the first couple of times presenters Matt Chisholm and Bree Tomasel ask: "Can Dylan bounce back from this?" ▮

The Twelve, Tuesday.

TELEVISION

Our Picks of the Week

SUNDAY SEPTEMBER 4

MANHUNT: THE NIGHT STALKER

The true story of how a rapist was finally unmasked

Screening: *Rialto, 8.30pm*

A second season of the widely praised British true-crime police procedural (the first aired on TVNZ), this time taking up the case of the so-called "Night Stalker", who committed a string of burglaries, rapes and sexual assaults over nearly two decades in south-east England – typically targeting elderly women. Martin Clunes returns as Detective Chief Inspector Colin Sutton, who was called into the unsolved case after 17 years and more than 100 recorded victims. Inevitably, there are tensions between Sutton and the team that had been fruitlessly investigating the case. The real-life Sutton was again involved in the production and wrote an accompanying book, based on his own diaries, about the ultimately successful investigation. He said his aim was to "showcase that, even if things are difficult and things haven't gone well over a long period, the police are still capable of turning around and doing a good job and doing things well". A secondary theme, he said was the way society is capable of ignoring the victimisation of the elderly.

MONDAY SEPTEMBER 5

WAIATA ANTHEMS

The road to te reo

Streaming: *TVNZ+*

Produced by Dame Hinewehi Mohi and directed by go-to music documentarian Julia Parnell, this second season of *Waiata Anthems* follows New Zealand artists as they either record a new track or re-record one of their hits in te reo Māori. This time, the six 15-minute episodes feature Lorde, Tim Finn, Kora, Barnaby Weir, Mikey Dam and Paige. It's as much about the journey as the finished track and the artists share reflections on their own creative paths – and the challenges of singing in te reo – before revealing a live performance of the finished work. This year's Waiata Anthems Week marks the 50th anniversary of the delivery to Parliament of the petition calling for the teaching of Māori language and culture in schools – a landmark in the revival of the language.

Lorde features in *Waiata Anthems.*

TUESDAY SEPTEMBER 6

THE TWELVE

Sam Neill leads a courtroom drama

Streaming: *TVNZ+*

The jury room is a singularly dramatic setting, one where 12 people have nothing in common beyond that they have been called to determine the truth – and determine the fate of the accused. Based on a 2019 Belgian production of the same name, this Australian series has Sam Neill in the lead as defence lawyer Brent Colby, alongside Kate Mulvany (*The Great Gatsby*), who is accused of murdering her niece. The *Guardian*'s reviewer compared it unfavourably with the classic film *Twelve Angry Men,* which seems rather a high bar to meet.

Wedding Season, Thursday.

THURSDAY SEPTEMBER 8

COMEDY MONTH: URZILA CARLSON

The last chance to see a celebrated stand-up show

***Screening**: Three, 7.30pm*

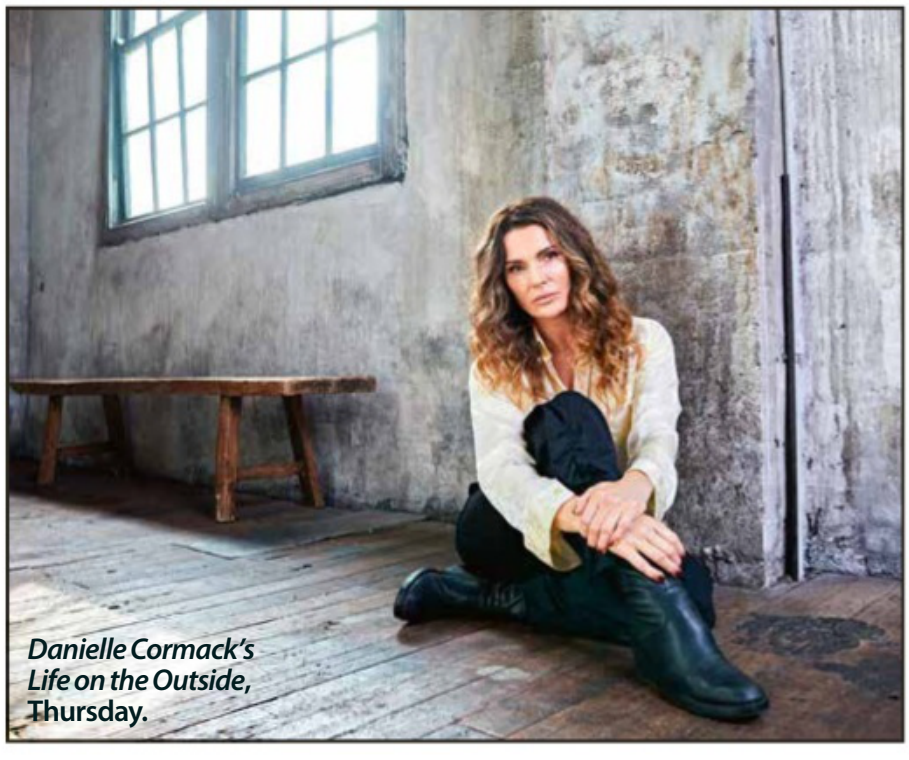
Carlson brought back her 2019 *Token African* show over two nights last month at Q Theatre to capture it for this special. There are jokes about relationships, being queer and why fat people aren't interested in yoga, but the centre of the show is her and her complex South African heritage. Contains an entirely appropriate level of swearing – that is, heaps.

DANIELLE CORMACK'S LIFE ON THE OUTSIDE

Ordinary people open their homes to former inmates

***Screening**: TVNZ 2, 8.30pm*

The "social experiment" TV genre isn't new, but the stakes are not often as high as they are here. In Australia, as in New Zealand, the biggest challenge in rehabilitating people who have been to prison is finding a stable, supportive home for them to go to on release. For many former prisoners, that place does not exist, and about half are back in prison within two years. So. who steps up? This SBS series follows five Australian households as they open up a spare room to a formerly incarcerated person for 100 days. Series presenter Danielle Cormack played the lead role of Bea Smith in the drama series *Wentworth*, but has a real-life connection to the issues here, too, via some of her charity work. On its debut across the Tasman, SBS head of documentaries Joseph Maxwell said *Life on the Outside* "looks at recidivism in a provocative but purposeful manner" that he hoped would "generate awareness and understanding about the ongoing battle formerly incarcerated people face when trying to rebuild their lives".


Danielle Cormack's Life on the Outside, Thursday.

WEDDING SEASON

A wedding and eight funerals

***Streaming**: Disney+*

Gavin Drea (*Resistance*) stars as Stefan, a man who falls for Katie (Rosa Salazar), even though she's engaged to be married in two months' time. They have an affair, but the wedding goes ahead – with the slight complication on the big day of the groom and his whole family being murdered. Suspicion immediately falls on Stefan – who in turn suspects that Katie is the killer. But what if it's neither of them? There follows an eight-part action romp around Britain and the US as the pair try to work out what the hell is happening and avoid getting killed themselves. It looks fun.

FRIDAY SEPTEMBER 9

GUTSY

The Clintons meet staunch women

***Streaming**: Apple TV+.*

A TV documentary version of Hillary and Chelsea Clinton's bestselling work *The Book of Gutsy Women*. The mother-daughter duo seek out and talk to female artists, activists, community leaders and "everyday heroes" and explore what it really means to be "gutsy". In eight parts filmed over two years, their subjects include Jane Goodall, Gloria Steinem, Wanda Sykes, Amy Schumer, Goldie Hawn, Kate Hudson, Kim Kardashian and Megan Thee Stallion. Surprisingly little has emerged about the series ahead of its release – at the time of writing, there's not even a trailer – but showrunner Anna Chai has a long track record in factual TV, including the series *Living Undocumented*, which explored the lives of illegal immigrants in the US. ▮

On the Road, Saturday.

TV Films

by RUSSELL BAILLIE

The big movies on TV this week

SATURDAY SEPTEMBER 3

THE MUMMY RETURNS

Gauze for alarm

TVNZ 2, 7.00pm

It's the one that introduced Dwayne Johnson as the "Scorpion King" in the flashbacks – a spin-off movie ensued – and upped the special-effects quotient. But this second in the series of the monster action flicks wasn't as much fun as the first. (2001) ★★

HOW TO LOSE FRIENDS & ALIENATE PEOPLE

Lost in translation

Three, 8.25pm

UK journalist Toby Young's book about his brief time in New York writing for *Vanity Fair* in the late 90s was a hoot. This movie, in which he's played by Simon Pegg, just wasn't really, even with the added slapstick. (2008) ★★

ON THE ROAD

Driving along in my automobile

Eden, 8.30pm

Having made a nice job of Che Guevara's *The Motorcycle Diaries* in 2004, Brazilian director Walter Salles was hired by producer Francis Coppola to take on Jack Kerouac's 1957 classic. It wasn't as good, despite its handsome photography of America's wide horizons circa 1947 and its sometimes-intriguing encounters with Beat-era literary figures. (2012) ★★★

NO MAN OF GOD

Death row confessions

Rialto, 8.30pm

American serial killer Ted Bundy gets yet another depiction, this one focused on his relationship with FBI analyst Bill Hagmaier, who interviewed him regularly in the years leading up to his 1989 execution. The performances of Elijah Wood as Hagmaier and Luke Kirby as Bundy help make for an intense two-hander, with director Amber Sealey working from a script based on transcripts of the pair's conversations. (2021) ★★★

ANGELS & DEMONS

When in Rome

TVNZ 2, 9.30pm

Illuminati assassins knock off papal candidates while planting antimatter time-bombs as Tom Hanks' Robert Langdon races around the Vatican figuring out stuff. The screen sequel to *The Da Vinci Code* is actually better than the first film but still nonsense. (2009) ★★½

SUNDAY SEPTEMBER 4

INFINITE

Rinse and repeat

Three, 8.00pm

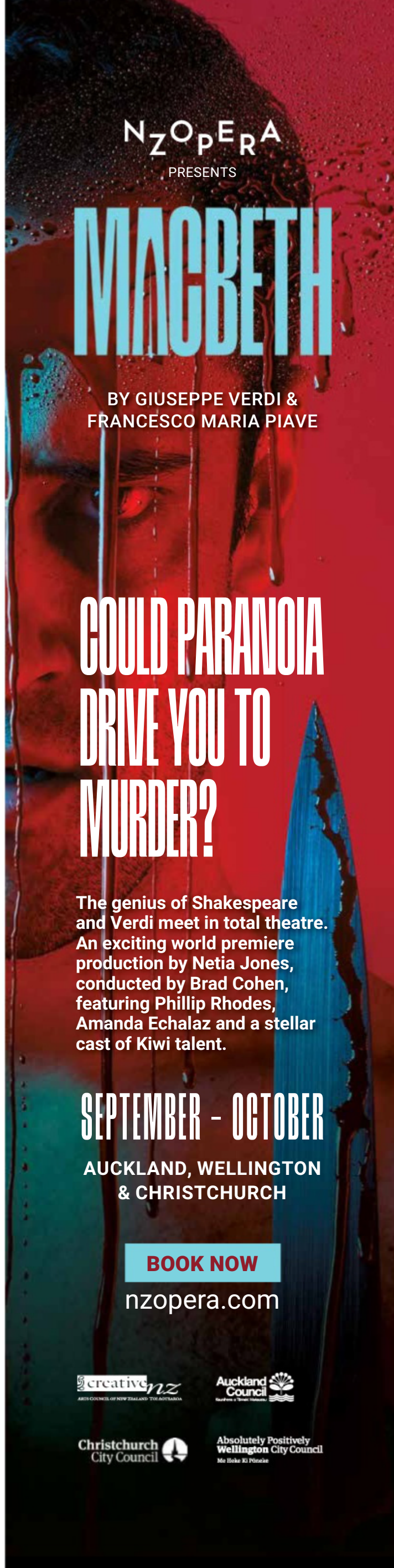
A reincarnation sci-fi action thriller that recycles many other better films with dull results. A miscast Mark Wahlberg is a dude troubled by various past lives giving him major déjà vu and a particular set of skills. He's targeted by other "Infinites" wanting to destroy humanity. (2021) ★★

MINARI

Putting down roots

Whakaata Māori, 8.30pm

Director-writer Lee Isaac Chung's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The Rose Maker, Monday.

charming autobiographical immigrant drama about a Korean family arriving in unwelcoming 1980s Arkansas hoping to farm Korean vegetables. Among its many awards was a best supporting actress Oscar for Youn Yuh-jung for the family's foul-mouthed grandmother. (2020) ★★★★½

AMERICAN HUSTLE

Funky fraudsters

Eden, 8.30pm

Before dubious behaviour towards actors and crew finally started to affect his career, director David O Russell made some very good films, and this black comedy crime caper based on a real FBI political corruption sting in the 1970s is arguably the best of them. The ensemble of Christian Bale, Amy Adams, Jennifer Lawrence and Bradley Cooper, all displaying some alarming wardrobe and hair choices, deliver go-for-broke performances in a film of knockabout high energy. (2013) ★★★★

DUNE

Lost in spice

Sky Movies Premiere, 8.30pm; Neon, September 2

Director Denis Villeneuve's first of two planned films adapting Frank Herbert's 1965 dense interplanetary epic – previously attempted by David Lynch in 1984 – certainly lived up to the expectations set by his previous sci-fi excursions *Arrival* and *Blade Runner 2049*. It's a grand-spectacle action movie and an engrossing space opera. Its warring imperial families get a great cast, especially Timothée Chalamet as princely protagonist Paul Atreides and Rebecca Ferguson as his mother, Lady Jessica. (2021) ★★★★½

DIE HARD 2: DIE HARDER

Crash and burn

TVNZ 2, 9.00pm

As someone might have said: "We could always do the first film again but at an airport. It can still be Christmas. And we can kill a lot more people." (1990) ★★★

MONDAY SEPTEMBER 5

THE ROSE MAKER

A plucky horticulturist

Rialto, 8.30pm

A nicely, ah, cultivated and sweetly scented French comedy about Eve (Catherine Frot), who, as her family rose-growing business is threatened with a corporate takeover, gets a trio of work-release labourers who know nothing about flowers but who inevitably bloom in their new careers. (2021) ★★★★½

FRIDAY SEPTEMBER 9

MISSION: IMPOSSIBLE – GHOST PROTOCOL

Jet-lagged

Three, 7.30pm

The fourth in the franchise certainly has its action moments, like Tom Cruise's Ethan Hunt clambering up Dubai's Burj Khalifa tower and a chase set in the middle of a sandstorm. But by the time Hunt's team have completed half of the busy international travel schedule, it all starts to run out of puff. (2011) ★★★

Films are rated out of 5:
★ (abysmal) to ★★★★★ (amazing)

Talkback

MILLIMETRES, PLEASE

As an ex-Northlander, I watched with great interest the *1 News* report (August 19) on the flooding up north. I was somewhat surprised to hear the reporter say: "Twenty-four hours and around 200ml of rain, leaving a lot of the Far North under water …"

I'm pretty sure there was a lot more rain than 200ml. My morning cup of tea is at least 250ml.

Perhaps a lesson in the correct usage of metric abbreviations is in order. But that reporter wasn't the only one to inaccurately report rainfall in millilitres instead of millimetres in the very same bulletin.

Ian McDonald
(Hokowhitu, Palmerston North)

MIND YOUR LANGUAGE

Why, oh why, are New Zealand comedians obsessed with the "F" word? *Seven Days*, *Have You Been Paying Attention?* and *Taskmaster NZ* are completely spoilt by grubby innuendos and the use of bad language. I am no longer young or a user of swear words, so I find the use of such language offensive, but surely these so-called comedians have a better grasp of the English language and do not need to lower standards by swearing all the time?

Anne Norris
(Auckland)

Is Three's *New Zealand Today*, with presenter Guy Williams, supposed to be funny? If so, television has reached a new low. In this programme, a raving moron manages a nearly continuous stream of obscene language. His so-called boxing demo with Auckland mayoral candidate Leo Molloy was unbelievably bad. Who gave the go ahead to this rubbish?

Graham Young
(Auckland)

SAY WHAT?

C Johnstone (*Talkback*, August 20) is not alone. For several years, I have been bemused by the pronunciation of Ireland as "Oireland" by various newsreaders and also a past MP. It always sounds as if it should be followed by a "begorrah". There was also small flurry of "Birming Ham" at the start of the recent Commonwealth Games, but fortunately this quickly became just Birmingham, as it should be.

In these days of happily being able to google anything, a quick check of the correct way to say any word in any language is super convenient. Taking the time to get it right also applies to Ao tea ah rower, s'il vous plaît.

J Wallis
(Blockhouse Bay, Auckland)

FUNDAMENTAL ROLE

I enjoyed RNZ in earlier years. Back then, the presentation of most programmes was reasonably professional and well articulated. The English language was, on the whole, well used, with minimal use of jargon. Speakers enunciated well and paced themselves to avoid gabbling.

Nowadays, as I'm nearing my ninth decade, I struggle to understand what is being broadcast. The presenters gabble, use jargon and slang, interrupt, and use Māori without translation. As a consequence, RNZ is simply failing in its fundamental task, which is to communicate clearly and intelligibly.

Are others turning off RNZ in frustration as I am?

Martin Ough Dealy
(Kerikeri)

Please send comments, queries or complaints about radio or television to: listenerletters@aremedia.co.nz with "Talkback" in the subject line, or Talkback, NZ Listener, PO Box 52122, Kingsland, Auckland 1352

TVNZ 1 FREEVIEW 1 SKY 001

6.00 **Te Karere** (R)
6.30 **Country Calendar** (G, R, **HD**, **C**, **AD**)
7.00 **Rural Delivery** (G, R, **HD**, **C**)
7.30 **Infomercials**
8.30 **Religious Programming**
9.00 **Extreme Cake Makers** (G, R, **HD**, **C**)
9.30 **Tagata Pasifika** (**HD**)
10.00 **Ready Steady Cook** (G, R, **HD**, **C**)
11.00 **Winning Combination** (G, R, **HD**, **C**, **AD**) Omid Djalili presents a UK quiz show.
Noon ■ **Call the Midwife** (PG, R, **HD**, **C**, **AD**) s10ep1
1.20 **Movin' to the Country** (G, **HD**, **C**) Australian realty series.
2.00 **The Casketeers** (PG, R, **HD**, **C**, **AD**) Francis plans his biggest surprise yet for Kaiora on their wedding anniversary.
2.30 **10 Years Younger in 10 Days** (G, R, **HD**, **C**, **AD**) Cherry Healey presents a UK makeover series.
3.30 **Clean It, Fix It** (G, **HD**, **C**) A team of cleaners and DIY experts have just one day to help a household reclaim their space.
4.30 **Every Bite Takes You Home** (G, **HD**, **C**) Kylie Kwong explores the food and culture of refugees and migrants in Australia.
5.00 **The Chase** (G, R, **HD**, **C**) Bradley Walsh hosts a UK quiz show.
6.00 **1 News** (**HD**, **C**)
7.00 **Tipping Point Lucky Stars** (G, R, **HD**, **C**) Ben Shephard hosts a celebrity version of the UK quiz show, with David Haye, Jimmy Carr and Charlotte Crosby.
8.00 **Lotto**
8.05 **Heathrow: Britain's Busiest Airport** (G, **HD**, **C**, **AD**) There's a celebratory mood as Terminal 3 reopens its doors, allowing Virgin to move back in after a long 15 months. s7ep10
8.30 **Grand Designs UK** (G, R, **HD**, **C**, **AD**) Architectural designer Dan and interior designer Nina want to build a unique family house that includes converting a swamp into a sweeping, biodiverse waterscape.
9.30 **Life After Life** (16, **HD**, **C**, **AD**) Following a whirlwind romance, Ursula struggles to adapt to married life with Derek. s1ep3
11.55 ■ **Burden of Truth** (PG, **HD**, **C**, **AD**) Canadian legal drama series. s4ep1
12.45am ■ **Vigil** (M, R, **HD**, **C**, **AD**) UK crime drama series. s1ep1
1.50 **Nashville** (PG, **HD**, **C**) s6ep1
3.25 **Infomercials**
5.30 – 6.00 **Religious Programming**

TVNZ 2 FREEVIEW 2 SKY 002

6.00 **Ready, Steady, Wiggle!** (G, R, **HD**, **C**, **AD**)
6.10 ■ **Not Too Late Show** (G, R, **HD**, **C**) s1ep1
6.25 ■ **PJ Masks** (G, R, **HD**, **C**)
6.50 **Spidey and His Amazing Friends** (G, **HD**, **C**)
7.10 **Madagascar: A Little Wild** (G, **HD**, **C**)
7.35 **SpongeBob SquarePants** (G, R, **HD**, **C**)
8.00 **Moomin Valley** (G, **HD**, **C**)
8.20 **The Croods: Family Tree** (G, **HD**, **C**)
8.45 **Dragons: Riders of Berk** (G, R, **HD**, **C**)
9.05 **Hardball** (G, R, **HD**, **C**)
9.30 **Mystic** (G, R, **HD**, **C**, **AD**) s1ep4
10.00 **Fresh** (PG, **C**) Area code ventures to West Auckland, and behind the curtain of Oscar Kightley's Dawn Raids.
10.30 **The Simpsons** (G, R, **HD**, **C**, **AD**) s12ep2
11.00 **Have You Been Paying Attention?** (PG, R, **C**)
Noon ■ **Glastonbury: 2022 Highlights** (G, **HD**, **C**, **AD**) Pet Shop Boys, TLC, Primal Scream, Supergrass and Noel Gallagher's High Flying Birds.
1.10 **The Courtship** (PG, **HD**, **C**) s1ep10
2.05 **The Good Witch** (G, **HD**, **C**)
3.00 **Junior Bake Off** (G, **HD**, **C**)
4.00 **Fantastic Friends** (G, **HD**, **C**, **AD**) s1ep5
5.00 ■ **Superman & Lois** (PG, **HD**, **C**) Smallville residents are randomly being transported between worlds. s2ep15
6.00 **The Cube** (G, **HD**, **C**) Phillip Schofield presents a UK game show in which contestants undertake physical and mental challenges in a giant clear cube.
7.00 ■ **The Mummy Returns** (2001, PG, **HD**, **C**, **AD**) Evelyn O'Connell is captured by an Egyptian cult who resurrect Imhotep. Brendan Fraser, Rachel Weisz, Wayne Johnson, John Hannah, Arnold Vosloo. **TV Films, page 69**
9.30 ■ **Angels & Demons** (2009, M, **HD**, **C**, **AD**) Robert Langdon tries to solve a murder and unravel a plot by an ancient group to blow up the Vatican. Tom Hanks. **TV Films, page 69**
12.05am ■ **All the Money in the World** (2017, M, **HD**, **C**, **AD**) Michelle Williams, Christopher Plummer.
2.25 **The Great Kiwi Bake Off** (G, R, **HD**, **C**, **AD**)
3.35 ■ **Alma's Not Normal** (16, **HD**, **C**) s1ep1
4.35 **Fresh** (PG, R, **C**)
5.00 **Infomercials**
5.30 – 6.00 **Religious Programming**

THREE FREEVIEW 3 SKY 003

6.00 **Charles Stanley**
6.30 **Infomercials**
9.30 **Newshub Nation** With Simon Shepherd and Rebecca Wright.
10.30 **Celebrity Family Feud** (PG, R, **C**) s4ep6
11.30 **Grand Designs NZ** (PG, R, **C**)
12.30 **The Block NZ: Redemption Marathon** (PG, R, **C**)
4.00 **The Masked Singer NZ** (PG, R, **C**)
5.00 ■ **Family Game Night** (G, **C**)
6.00 **Newshub Live**
7.00 **Building the Kiwi Dream** (PG, **C**) With money tight, Matt has a scheme to get Kaylene to agree to a big-screen TV for his man cave. s1ep6
7.30 **Crikey! It's the Irwins** (PG, **C**) The Irwins go to South Africa, where Terri helps release a wild leopard and Bindi meets an all-female anti-poaching team. s1ep6
8.25 ■ **How to Lose Friends & Alienate People** (2008, M, **C**) An obnoxious British writer is hired by a New York magazinet offends everyone he meets. Simon Pegg, Jeff Bridges, Kirsten Dunst, Gillian Anderson. **TV Films, page 69**
10.30 ■ **Darkest Hour** (2017, M, R, **C**) Based on Winston Churchill's early days as UK Prime Minister during WWII. Gary Oldman, Kristin Scott Thomas, Lily James.
1.00am **Infomercials**
5.00 **Leading the Way**
5.30 – 6.00 **Charles Stanley**

PRIME FREEVIEW 10 SKY 004

6.00 **Infomercials**
8.00 **Kids' Programmes** (**C**)
9.55 **SmackDown** (PG, R)
10.55 **RAW** (PG, R)
Noon **Heartland Championship Live** Buller v Poverty Bay, live from Victoria Square, Westport.
2.00 **Pawn Stars** (PG, R)
4.00 **Once a Warrior with Monty Betham** (G)
4.30 **Addicted to Fishing** (PG, R, **C**)
5.00 **The Loggers** (PG, R, **C**)
5.30 **Prime News**
6.00 **American Pickers** (PG, R)
7.00 **Storage Wars** (PG, R, **C**)
7.30 ■ **Tony Hawk: Until the Wheels Fall Off** (2022, 16, **C**) Documentary about Tony Hawk's rise from awkward teen outsider to the undisputed king of skateboarding.
10.15 **NRL Premiership** (G) NZ Warriors v Gold Coast Titans, from Mt Smart Stadium, Auckland
12.15am **NXT** (PG)
1.30am – 6.00 **Infomercials**

Comedy: ALMA'S NOT NORMAL

Wait, 3.35am? In the UK, this comedy series created by Sophie Willan screened on BBC Two and she won the Best Female Comedy Performance Bafta in May. Happily, the series is available in full online, but we recommend firing up your recording device otherwise, because it's brilliant. Willan based the series on her award-winning Edinburgh show *Branded*, which was in turn based on her chaotic childhood. They say tragedy plus time equals comedy, and Willan turns Alma's quest for a better life in Bolton (her mother's in a psych ward), or just a real job, into something funny and profound.

TVNZ 2, 3.35am and TVNZ+

Film: DARKEST HOUR

There were two films about Winston Churchill released in 2017, but this is the one that won all the awards, including an Oscar and a Bafta for Gary Oldman. Kiwi Anthony McCarten, who wrote the film, was also Oscar-nominated as a producer. Oldman spent 200 hours having the make-up and prosthetics done, and smoked more than 400 cigars.

THREE, 10.30pm

■ **NEW** ■ **RETURN** ■ **FINAL** ■ **FILM** **C** Captions **AD** Audio Description **HD** High Definition

WHAKAATA MĀORI FREEVIEW 5 SKY 019

6.30 **Kids' Programmes**
9.30 **Ōpaki** (G, R)
10.30 **Ako** (G, R)
11.00 **ASB Polyfest** (G)
Noon **Haka at Home** (G, R)
1.00 **Whakataukī** (G, R)
1.30 **Karanga: The First Voice** (G, R)
2.00 **Whaikōrero** (PG, R)
2.30 **Home, Land and Sea** (G, R)
3.00 **Intrepid Journeys** (PG) Tamati Coffey is in Oman.
4.00 **Marae**
5.00 **Moosemeat and Marmalade** (G, R)
5.30 **Waka Man** (G, R)
6.00 **Piri's Tiki Tour** (PG, R) Piri Weepu meets divers, farmers and hunters.
6.30 **He Aha to Say?** (G, R) A series of candid interviews with the people of Ngāti Porou on a range of topics.
7.00 **Lassie Come Home** (2020, PG) Nico Marischka, Sebastian Bezzel.
8.40 **SGaawaay K'uuna** (2018, M, R) In the 19th century, when two families gather for their annual fishing retreat, an accidental death causes a man to retreat into the wilderness. Tyler York, William Russ, Adeana Young.
10.20 – 10.50 **Anika Moa Unleashed** (M, R) Anika meets Tim Shadbolt, Tom Sainsbury and Chris Parker.

Film: SGAAWAAY K'UUNA

The first feature film made entirely in the Haida language and as such, a valuable document: cast members learnt the language only spoken in the Haida Gwaii archipelago, while local weavers and craftspeople made costumes and props to illustrate an old Haida myth.
WHAKAATA MĀORI, 8.40pm

BRAVO FREEVIEW 4 SKY 012

6.00 **Infomercials**
10.00 **Million Dollar Listing: NY** (PG, R)
11.55 **Catfish** (PG, R)
12.45 **Southern Charm** (PG, R)
2.50 **Tiny House Nation** (PG, R)
3.55 **Love It or List It** (PG, R)
4.45 **Stop Search Seize** (PG, R)
5.40 **Love It or List It: Vancouver** (PG, R)
6.40 **Undercover Boss** (PG, R)
7.35 **Southern Charm** (M) Shep and Craig help Austen move out of his childhood home, and Taylor voices concerns about Shep's past infidelity.
8.30 **Morning Glory** (2010, M, R, **C**) An old-school anchorman is recruited by a producer looking to revive a failing morning show. Harrison Ford, Rachel McAdams, Diane Keaton.
10.30 **Exhumed: Killer Revealed** (16, R)
11.30 **Snapped** (M, R)
12.20am Infomercials **5.00 – 6.00** Top Chef (PG, R)

EDEN FREEVIEW 8 SKY 013

6.00 **My Cat from Hell** (PG, R)
6.55 **The Pioneer Woman** (G)
7.30 **Trisha's Southern Kitchen** (G)
8.00 **Jamie & Jimmy's Food Fight Club** (PG, R)
9.00 **Museum Mysteries** (PG, R)
10.00 **American Pickers** (PG, R)
11.00 **Building the Dream** (G)
Noon **Celebrity IOU** (PG, R)
1.00 **Strictly Come Dancing** (G, R)
1.55 **The Chase USA** (PG, R)
3.00 **Animal Cribs** (PG)
4.00 **The Best Thing I Ever Ate** (G)
5.00 **Mysteries at the Museum** (PG)
6.00 **American Pickers** (PG)
6.55 **My Lottery Dream Home** (G)
7.30 **The 1% Club** (PG) Lee Mack hosts a UK quiz show.
8.30 **On the Road** (2012, M) Garrett Hedlund, Sam Riley, Kristen Stewart. **TV Films, page 69**
11.05 **Forged in Fire** (PG)
12.00am **Flea Market Flip** (G) **12.25 – 6.00** Infomercials

RUSH FREEVIEW 14 SKY 024

6.00 **Wheelers Dealers** (PG, R)
6.50 **Garage Squad** (PG, R)
8.30 **Head Rush** (G, R)
9.20 **Tanked Marathon** (PG, R)
1.30 **Inside West Coast Customs** (PG, R)
2.20 **Building Off the Grid: Alaska Range** (R)
3.05 **Ed Stafford: Left for Dead** (PG, R)
3.55 **Alaska: Battle on the Bay** (PG, R)
4.50 **Turbo Pickers** (PG, R)
5.40 **Garage Squad** (PG)
6.35 **Man vs. Wild** (PG, R)
7.30 **Treasure Quest: Snake Island** (PG) A historian gives the team a valuable clue, but also delivers a warning.
8.25 **Bering Sea Gold** (M)
9.15 **Gem Hunt** (PG) Ron LeBlanc and the team search the slopes of Mount Kilimanjaro for a rare blue jewel.
10.10 **Cops UK: Bodycam Squad**
11.05 **Garage Squad** (PG, R)
11.55 **Man vs. Wild** (PG, R)
12.40am Programmes continue

TVNZ DUKE FREEVIEW 6 SKY 023

6.00 **On Duke Today**
7.00 **DUKEbox Music**
12.05 **Extreme E Magazine** (PG, R)
12.35 **Superstore** (PG, R, **HD**, **C**, **AD**) s4ep21
2.10 **Motorway Patrol** (PG, R, **C**)
3.05 **River Monsters** (PG, R, **HD**, **C**)
4.00 **Xploration: Awesome Planet** (G, R, **HD**)
4.20 **Impossible Engineering** (G, R, **HD**, **C**)
5.15 **The Big Bang Theory** (PG, R, **HD**, **C**, **AD**) s4ep10
6.00 **MythBusters: There's Your Problem!** (PG, R, **HD**)
6.35 **Ultimate Rides** (G, **HD**) s2ep19
7.00 **Family Guy** (PG, R, **HD**, **C**, **AD**)
7.30 **The Simpsons** (G, R, **HD**, **C**) s15ep20
8.30 **8 Out of 10 Cats Does Countdown** (16, R, **HD**, **C**)
9.30 **Blade: Trinity** (2004, 16, R, **HD**, **C**, **AD**) Now wanted by the FBI, Blade must join forces with the Nightstalkers to face his most challenging enemy yet. Wesley Snipes, Kris Kristofferson.
11.35 – 1.10am **Midnight Texas** (16, **HD**) s1ep1

SKY PREMIERE SKY 030

6.10 **Time for Me to Come Home for Christmas** (2018, PG) Megan Park, Josh Henderson
7.40 **Alone** (2020, 16) Jules Willcox, Marc Menchaca
9.20 **Escape Room: Tournament of Champions** (2021, M) Taylor Russell, Logan Miller
11.00 **Reminiscence** (2021, M) Hugh Jackman
12.55 **The Dry** (2020, 16) Eric Bana, Genevieve O'Reilly
2.55 **Old** (2021, M) Gael Garcia Bernal, Vicky Krieps
4.45 **The Eyes of Tammy Faye** (2021, M) Jessica Chastain
6.50 **Venom: Let There Be Carnage** (2021, M) Tom Hardy, Woody Harrelson
8.30 **Resident Evil: Welcome to Raccoon City** (2021, 16) A woman returns to her home town to investigate the Umbrella Corporation. Kaya Scodelario, Robbie Amell
10.20 **Spiral: From the Book of Saw** (2021, 18) Chris Rock, Samuel L Jackson
11.55 **Four Good Days** (2019, M) Mila Kunis, Glenn Close
1.35am Gunpowder Milkshake (2021, 16) **3.30** Six Minutes to Midnight (2021, M) **5.10** Pure (2018, 16)

MOVIES CLASSICS SKY 034

6.00 **Bonnie and Clyde** (1967, M) Warren Beatty, Faye Dunaway
7.50 **Comanche Station** (1960, M) Randolph Scott
9.05 **The Shining** (1980, 16) Jack Nicholson, Shelley Duvall
11.25 **King Rat** (1965, PG) George Segal, Tom Courtenay
1.35 **Decision at Sundown** (1957, M) Randolph Scott
2.50 **City Slickers** (1991, PG) Billy Crystal, Daniel Stern
4.40 **Cape Fear** (1991, 16) Robert De Niro, Nick Nolte
6.45 **Young Guns** (1988, M) Six young men led by Billy the Kid are hired to guard an Englishman's ranch against a mob in 1870s New Mexico. Emilio Estevez, Kiefer Sutherland
8.30 **The Ice Storm** (1996, M) Bleak family relationships and a swinging social scene come to a head over the course of a Thanksgiving break. Sigourney Weaver, Kevin Kline
10.25 **The Client** (1994, M) Susan Sarandon, Tommy Lee Jones
12.25am The Ruling Class (1972, M) **2.55** Wyatt Earp (1994, M)

RIALTO SKY 039

6.30 **Cowboys** (2020, M) Steve Zahn, Jillian Bell
7.55 **Swan Song** (2021, M) Udo Kier, Jennifer Coolidge
9.40 **June Again** (2020, M) Noni Hazlehurst
11.20 **War of the Worlds Marathon** (2019, M) s1ep1-8
6.00 **The Jump** (2020, M) Lithuanian documentary.
7.30 **Ridley Road** (M) Vivien's cover among the fascists is exposed. s1ep4
8.30 **Rialto Selection: No Man of God** (2021, 16) Based on the story of serial killer Ted Bundy's relationship with FBI agent Bill Hagmaier during Bundy's final years on death row. Elijah Wood, Luke Kirby **TV Films, page 69**
10.10 **Days of the Bagnold Summer** (2019, M) A teenager spends his summer listening to heavy metal and trying to get along with his librarian mother. Monica Dolan, Rob Brydon
11.40 **You Don't Nomi** (2019, 18) US documentary.
1.10am Aniara (2018, 18) **2.55** No Man of God (2021, 16) **4.35** You Don't Nomi (2019, 18)

SKY CHANNELS

Vibe SKY 006

6.00 Private Eyes (M) s4ep4 **6.45** Jamestown (16) s2ep5 **7.40** Parenthood Omnibus (M) **11.25** Medici: The Magnificent (16) s1ep4 **12.25** Outlander (18) s1ep3&4 **2.25** Judge Judy Omnibus (PG) **4.30** Private Eyes (M) s4ep4 **5.30** Family Finders (M) s2ep6&7 **6.30** The Sounds (M) Maggie makes an unlikely deal with a grieving Pania. s1ep8 **7.30** The Chronicle Mysteries: The Deep End (PG) Alex and the Chronicle team are drawn into the unusual case of dead man in a pond and a wife who looks certain to be convicted of his murder. **9.20** Harlots (16) Lydia can now put everything in place to take down Margaret Wells once and for all. s1ep8 **10.20** The Closer Omnibus (M) Five episodes back-to-back. **2.20am** Programmes continue

BBC UKTV SKY 007

6.00 Staged (M) s1ep2 **6.25** QI Marathon (M) **8.00** Would I Lie to You? Marathon (PG) **9.40** The Bill Marathon (M) **1.50** Casualty (PG) **2.35** Holby City (PG) s21ep19 **3.40** Call the Midwife (PG) s8ep1 **4.45** A Touch of Frost (M) s2ep2 **6.45** Father Brown (PG) A former employee of a health spa is found murdered. s9ep9 **7.35** Casualty (PG) s37ep2 **8.30** Midsomer Murders (M) The discovery of a Saint's bones at an archaeological dig causes a stir in the village of Midsomer Cicely. s18ep5 **10.15** All Round to Mrs Brown's (M) s4ep3 **11.00** Who Do You Think You Are? (PG) Actor Naomie Harris's dramatic discoveries inspire her to anger, sadness and tears of joy. **12.00am** Programmes continue

SoHo SKY 010

6.00 Our Cartoon President (16) s3ep18 **6.30** Mare of Easttown (18) s1ep6 **7.30** The Rising (16) s1ep7 **8.15** Landscapers (16) s1ep4 **9.00** Mrs. Fletcher (18) s1ep5 **9.30** Last Week Tonight with John Oliver (M) s9ep20 **10.05** The Man Who Fell to Earth Marathon (16) s1ep1-10 **7.25** City on a Hill (16) As Jackie continues his fling with Letitia, Jenny attempts to get her husband reinstated in the FBI. s3ep4 **8.25** Allen v. Farrow (18) Woody's legal and PR teams drive a narrative that Mia is a scorned woman who brainwashed her children. s1ep3 **9.30** Animal Kingdom (16) The Codys stage a jewel robbery, and in 1992, Julia and Baz spend more time together. s6ep6 **10.30** Scenes from a Marriage (16) s1ep2 **11.35** Irma Vep (16) s1ep8 **12.35am** Programmes continue

Living SKY 017

6.15 Selling Houses Australia **7.05** Cake Wars (PG) **7.55** Buddy vs. Duff (PG) **8.45** Salvage Hunters Marathon (PG) **12.10** Grand Designs New Zealand (PG) **1.05** Lost for Words (PG) **2.00** Guy's Grocery Games (PG) **3.50** Mystery Diners (PG) **4.45** Dinner: Impossible (PG) **5.35** Paul Hollywood's Big Continental Road Trip (M) **6.35** David Jason: Planes, Trains and Automobiles (PG) **7.30** Exploring Northern Ireland with Siobhán McSweeney (PG) Siobhán explores the island town of Enniskillen, descends into the caves of a geopark, steps closer to heaven on the Cuilcagh Mountain Boardwalk and discovers the ancient monuments of Lough Erne. **8.30** The Great British Dig (PG) **9.40** Garden Rescue (PG) **10.40** Escape to the Chateau (PG) **11.30** Guy's Grocery Games (PG) **1.10am** Programmes continue

Investigation Discovery SKY 018

6.05 Married with Secrets (M) **7.45** Predator at Large (M) **8.35** Undercover Underage (M) **9.25** Nightmare Next Door (M) **10.20** Dead of Night (M) **11.15** The Perfect Murder (M) **12.10** The Co-Ed Killer: Mind of a Monster (M) **1.05** Little Boy Lost: An ID Mystery (M) **2.00** American Monster (M) **2.55** Evil Lives Here (M) **3.50** Six Degrees of Murder Marathon (M) **8.30** Ken and Barbie Killers: (M) **9.30** Unseamly: The Investigation of Peter Nygård (M) **11.25** Nightmare Next Door (M) **12.15am** Programmes continue

Sky Arts SKY 020

6.30 Upstage **8.00** Artist to Icon **9.30** Immersive World **10.00** Mitten (PG) **11.00** Put Some Colour in Your Life **Noon** Sounds and Stone **12.45** Matthew Bourne's The Red Shoes (G) A ballet adapted from the classic movie. **2.30** ■ Upstage (2019, G) Actors rehearse a new musical version of Wuthering Heights set in Aotearoa around the time of the Tarawera eruption. Lyndee-Jane Rutherford, Lloyd Scott. **4.00** Philly D.A. **5.55** Art Passion Power: The Story of the Royal Collection **6.50** Parklife **8.30** George Carlin's American Dream (PG) Two-part comedy series about the life and work of the legendary comedian. **10.20** ■ An Impossible Project (2020, G) Documentary about an Austrian scientist who saved the world's last Polaroid factory just as Steve Jobs introduced the first iPhone. **12.00am** Programmes continue

Discovery SKY 070

6.05 How It's Made (PG) **6.30** How Do They Do It? (PG) **6.55** Heavy Tow Truckers Down Under (PG) **7.45** Aussie Mega Mechanics Marathon (PG) **12.10** Aussie Salvage Squad (PG) **1.05** Heavy Tow Truckers Down Under (PG) **2.00** Gold Rush: White Water (M) **2.55** Aussie Gold Hunters (PG) **3.50** Last Outpost Marathon (PG) **6.35** Ed Stafford: First Man Out (PG) **7.30** Building Off the Grid (PG) **8.30** Railroad Alaska (PG) **9.30** Moonshiners (M) **10.30** Blowing Up History (PG) **11.25** NASA's Unexplained Files (PG) **12.15am** Programmes continue

National Geographic SKY 072

6.00 Food Factory (PG) **6.30** Gordon Ramsay: Uncharted (PG) **7.30** Gordon Ramsay: Uncharted (M) **8.30** Dutch Caribbean Coastguard (PG) **9.30** Primal Survivor: Mighty Mekong (PG) **10.30** First Alaskans (PG) **11.30** Running Wild with Bear Grylls: The Challenge (PG) **12.30** Last of the Giants: Wild Fish (PG) **1.30** Aussie Snake Wranglers Marathon (PG) **5.30** Air Crash Investigation: Special Report (M) **6.30** Air Crash Investigation (M) **7.30** Food Factory Marathon (PG) **10.30** Drain the Oceans Best ofs (PG) **11.30** Last of the Giants: Wild Fish (PG) **12.30am** Programmes continue

History SKY 073

6.30 Secrets of the Nazi Treasure (PG) **7.30** Top Ten Treasures: Egyptian Mummies (PG) **8.30** Time Team **9.30** River Hunters (PG) **10.30** Time Team **11.30** WWII: Witness to War (M) **12.30** Britain's African Emperor (PG) **1.30** Secrets of the Nazi Treasure (PG) **2.30** Top Ten Treasures: Egyptian Mummies (PG) **3.30** Hitler's Last Secrets (PG) **4.30** Abandoned Engineering (PG) **5.30** The Civil War by Ken Burns **6.30** Secrets of Henry VIII's Royal Palace (PG) Hampton Court. **7.35** The Nile: 5000 Years of History (PG) Bettany Hughes visits the mouth of the Nile. **8.30** Bombers of World War II (PG) **10.30** Egypt (PG) **11.30** End of Empire: Rise & Fall of Dynasties (PG) **12.30am** Programmes continue

BBC Earth SKY 074

6.00 Life Below Zero Marathon (PG) **8.20** 24 Hours in A&E (PG) **10.00** Wonders of Life Marathon (PG) **1.05** Wild Arabia (PG) **2.10** Walking the Himalayas (PG) **3.00** Cheetah Family & Me (PG) **3.55** Chris Packham's Animal Einsteins (PG) **4.55** Meet the Hedgehogs (PG) **5.50** The Dog Rescuers with Alan Davies (PG) **6.40** Animal Impossible (PG) **7.35** Walking the Himalayas (PG) Levison and Binod finally reach Bhutan and experience its dramatic scenery, colourful festivals, historic monasteries and people. **8.30** Animals with Cameras (PG) On-board cameras transform our understanding of meerkats, chimps and penguins. **9.30** Life Below Zero (M) **10.25** Diagnosis Detectives (PG) A man has a life-threatening skin condition, and a mother suffers a dramatic decline in health. **11.30** Meet the Hedgehogs (PG) **12.20am** Programmes continue

Living: David Jason: Planes, Trains and Automobiles, 6.35pm

SKY SPORT

Sky Sport 1 SKY 051

7.20 World Rugby Sevens, Los Angeles, day 2 **8.50** Rugby Heaven **9.45** Farah Palmer Cup, Auckland v Wellington **10.15** 1st XV Rugby, Auckland 1A final **Noon** NPC, Manawatu v Tasman **2.00** NPC, Northland v Auckland, **live 4.10** U85kg National Club Cup, final, **live 6.00** Rugby Championship, All Blacks v Argentina **6.30** Rugby Championship, All Blacks v Argentina, **live 9.25** Rugby Championship, Australia v South Africa, **live 12.40am** 1st XV Rugby, Auckland 1A final **1.10** NPC, Northland v Auckland **1.30** Premier League, Leicester City v Manchester United **1.50** Premier League, **live 4.00** Farah Palmer Cup, semi-final **4.20** Rugby Championship, Australia v South Africa, replay

Sky Sport 2 SKY 052

6.00 Rugby Heaven **7.00** UFC on Sky **7.30** 1st XV Rugby, Auckland 1A final **9.15** NPC, Manawatu v Tasman **9.30** Mainfreight Rugby **10.30** Premier League Match of the Week **12.30** The Late Show with Matty Johns **1.40** Premier League, Leicester City v Manchester United **2.00** NPC, Taranaki v Waikato, from Yarrow Stadium, New Plymouth, **live 4.00** Once a Warrior with Monty Betham **4.30** NPC, Southland v Wellington, **live 6.30** Farah Palmer Cup, semi-final **7.00** ICF Canoe Slalom World Championships, kayak semi-finals, **live 9.40** Premier League, Arsenal v Aston Villa **10.00** Premier League, Manchester City v Nottingham Forest **10.20** Premier League, Bournemouth v Wolverhampton **10.40** Premier League, Liverpool v Newcastle **11.00** Premier League, Leeds United v Everton **11.20** Rugby Championship, All Blacks v Argentina **1.30am** Premier League, West Ham v Tottenham Hotspur **1.50** Premier League, **live 4.00** ICF Canoe Slalom World Championships, kayak semi-finals

Sky Sport 3 SKY 053

6.30 CPL, St Kitts & Nevis Patriots v Barbados Royals, replay **10.30** Australia v Zimbabwe, 2nd ODI **11.00** Australia v Zimbabwe, 3rd ODI, **live 7.40** Australia v Zimbabwe, 2nd ODI **8.00** Women's CPL, Guyana Amazon Warriors v Trinbago Knight Riders **8.30** CPL, St Lucia Kings v Trinbago Knight Riders **9.00** CPL, St Kitts & Nevis Patriots v Barbados Royal **9.30** Australia v Zimbabwe, 3rd ODI **10.00** ICF Canoe Slalom World Champs, kayak finals, **live 11.15** Australia v Zimbabwe, 3rd ODI **11.30** Women's CPL, Trinbago Knight Riders v Barbados Royals **12.00am** Women's CPL, Guyana Amazon Warriors v Trinbago Knight Riders **12.30** CPL, St Lucia Kings v Trinbago Knight Riders **1.00** CPL, St Kitts & Nevis Patriots v Barbados Royals **1.30** CPL, Guyana Amazon Warriors v Jamaica Tallawahs, **live 5.45** Women's CPL, Guyana Amazon Warriors v Trinbago Knight Riders

Music: JOAN BAEZ: LIVE IN NEW YORK

After performing for more than 60 years and a lifelong commitment to social activism, human rights and the environment, the legendary Joan Baez played her final concert in 2019 in Madrid. However, before then, a number of stars took the opportunity to pay tribute to Baez on the occasion of her 75th birthday. This concert recorded in New York City's Beacon Theatre, includes performances by Paul Simon, David Crosby, Jackson Browne, Emmylou Harris, Indigo Girls, Mavis Staples, Mary Chapin Carpenter, Judy Collins and Richard Thompson – as well as Baez, of course.

SKY ARTS, 8.00pm

Cooking: MASTERCHEF AUSTRALIA

The prize is a hefty A$250,000, but more than that, the winner has a very real chance of making a living from their culinary endeavours after the show. They are first going to have to cope with whatever guest chef Heston Blumenthal throws at them in the final, however.

TVNZ 2, 7.00pm

TVNZ 1 FREEVIEW 1 SKY 001

6.00 **Attitude** (G, R, **HD**, **C**, **AD**)
6.25 **Paddington Station** (PG, R, **HD**, **C**)
7.15 **Tagata Pasifika** (R, **HD**)
7.40 **Praise Be** (G, R, **HD**, **C**)
8.10 **Susan Calman's Grand Day Out** (G, R, **HD**, **C**)
9.00 **Q+A with Jack Tame** (**HD**, **C**) Political interviews and discussions.
10.00 **Waka Huia** (G) Māori stories and histories for all New Zealanders.
10.30 **Marae** (**HD**)
11.00 **The Great British Sewing Bee** (G, R, **HD**, **C**, **AD**) s6ep6
Noon **Attitude** (PG, **C**, **AD**) 16-year-old para-swimmer Bailey is smashing records and helping to raise the profile of swimmers with intellectual impairments and with his eyes set on Paris 2024, Bailey is heading to a training camp.
12.30 **Fair Go** (R, **C**) Pippa Wetzell and Hadyn Jones present consumer affairs.
1.00 **Sunday** (R, **C**) Miriama Kamo presents current affairs.
2.00 **Inside Taronga Zoo** (G, **HD**, **C**, **AD**) Keepers are running a breeding programme to increase numbers of the endangered swift parrot. s2ep14
3.00 **The Check Up** (G, R, **C**, **AD**) Local health series. Today, how well do we really understand cholesterol, and are there costs or benefits to being bilingual? s3ep1
3.30 ■ **Extraordinary Escapes** (G, **HD**, **C**, **AD**) Sandi Toksvig and Jenny Eclair escape to Wales and the Malvern Hills, where they visit a century-old flatpack house, a converted fruit store, and a hovering home in the Brecon Beacons. s2ep6
4.30 **Fishing and Adventure** (PG, **HD**, **C**) Scott, Mig and the crew head to the South Taranaki town of Patea.
5.00 **The Chase** (G, **HD**, **C**) Bradley Walsh hosts a UK quiz show.
6.00 **1 News** (**HD**, **C**)
7.00 **Country Calendar** (PG, **HD**, **C**, **AD**) A North Island farmer moves south to manage a government-owned farm on the edge of Fiordland National Park.
7.30 **Sunday** (**C**) Miriama Kamo presents current affairs.
8.30 **The Brokenwood Mysteries** (M, **C**, **AD**) A modern-day cowgirl is gunned down in cold blood. s8ep5
10.35 **Line of Duty** (M, **HD**, **C**, **AD**) Arnott believes there is a dark secret in Danny Waldron's past. s3ep3
11.50 **The Commons** (M, **HD**, **C**, **AD**) s1ep7
12.40am – 6.00 Infomercials

TVNZ 2 FREEVIEW 2 SKY 002

6.00 **Peppa Pig** (G, R, **HD**, **C**)
6.10 **Kangaroo Beach** (G, R, **HD**, **C**)
6.20 **Bluey** (G, R, **HD**, **C**)
6.50 **Care Bears: Unlock the Magic** (G, R, **HD**, **C**)
7.10 **Trollstopia** (G, R, **HD**, **C**)
7.35 **Ben 10** (G, R, **HD**, **C**)
7.45 **Bunnicula** (G, R, **HD**, **C**)
8.05 **SpongeBob SquarePants** (G, R, **HD**, **C**)
8.30 **What Now?** (G, **C**) Local kids' show featuring, games, interviews, fun and gunge.
9.30 **Home and Away Omnibus** (PG, R, **C**)
11.25 **Shortland Street Omnibus** (PG, R, **HD**, **C**, **AD**)
1.55 **United States of Al** (PG, **HD**, **C**, **AD**) s2ep15
2.20 **B Positive** (PG, **HD**, **C**) s2ep9
2.45 **Call Me Kat** (PG, **HD**, **C**, **AD**) s2ep12
3.15 **The Middle** (G, R, **HD**, **C**) s1ep12
3.45 **Mr. Bean** (G, R, **HD**, **C**, **AD**) Mr Bean goes back to school, where he takes part in a science demonstration, attends an art class, and learns the finer points of judo. s1ep11
4.15 ■ **Surf's Up** (2007, G, R, **HD**, **C**, **AD**) Cameras go behind the scenes at the annual Penguin World Surfing Championship. Voices of Shia LaBeouf, Zooey Deschanel.
6.00 ■ **Wipeout** (PG, **HD**, **C**) John Cena and Nicole Byer present a US series in which thrillseekers compete in the world's largest extreme obstacle course.
7.00 ■ **MasterChef Australia** (G, **HD**, **C**) The remaining contestants battle it out for the trophy and the $250,000 prize.
9.00 ■ **Die Hard 2: Die Harder** (1990, 16, R, **HD**, **C**, **AD**) On Christmas Eve, John McClane is waiting for his wife to land at Washington Dulles International Airport when terrorists take over the air traffic control system. Bruce Willis, Bonnie Bedelia, William Atherton, John Amos. **TV Films, page 69**
11.15 **Seduced by Evil** (PG, **C**) US documentary about a con artist who deceived countless women, until his victims began to fight back.
12.30am License to Kill (M, **HD**, **C**) A pharmacist in Kansas City decieved thousands of cancer patients. s2ep6
1.15 **In Ice Cold Blood** (16, **HD**, **C**) s2ep9
2.05 ■ **High & Mighty** (2017, 16, **HD**, **C**) Jorge Diaz.
3.45 **2 Tunes**
4.05 **Infomercials**
4.30 **Religious Programming**
5.00 – 6.00 Infomercials

THREE FREEVIEW 3 SKY 003

6.00 **Life TV**
6.30 **Leading the Way**
7.00 **Charles Stanley**
8.00 **Life TV**
8.30 **Turning Point**
9.00 **Extreme Couponing** (G, **C**)
9.25 **The Hui** (R, **C**) With Mihingarangi Forbes.
9.55 **Newshub Nation** (R, **C**) With Simon Shepherd.
10.55 **Nature's Strangest Mysteries: Solved** (PG, R, **C**) s1ep16
11.20 **What Could Possibly Go Wrong?** (PG, R, **C**) s1ep6
Noon **American Loggers** (PG, **C**)
1.00 **FIM Speedway Grand Prix**
2.00 **Australian Top Fuel Championship**
3.00 **Monster Jam**
4.00 **DTM** Coverage of the Deutsche Tourenwagen Masters.
5.00 **Bondi Lifeguard World Adventures** (PG, R, **C**)
5.30 **Piri's Tiki Tour** (G, **C**) s5ep8
6.00 **Newshub Live**
7.00 **The Masked Singer NZ** (PG, **C**) The top six singers perform, and the guest panellist is Jono Pryor.
8.00 ■ **Infinite** (2021, M, **C**) A man discovers that his hallucinations are actually visions from past lives. Mark Wahlberg, Chiwetel Ejiofor, Sophie Cookson. **TV Films, page 69**
10.00 **9-1-1** (M, R, **C**)
11.00 **Cocaine Trade Exposed: The Invisibles** (M, R, **C**)
12.00am Infomercials
5.30 – 6.00 AM Early With Bernadine Oliver-Kerby.

PRIME FREEVIEW 10 SKY 004

6.00 **Kids' Programmes** (**C**)
7.00 **Religious Programming** (G)
10.00 **LPGA Highlights** (G) Canadian Pacific Women's Open.
11.00 **NXT** (PG, R)
Noon **Rugby Championship** (G, **C**) All Blacks v Argentina, from FMG Stadium Waikato, Hamilton.
2.00 **All Access: Moana Pasifika** (G, R)
3.00 **Celebrity Trawlermen** (PG, R, **C**)
4.00 **Mainfreight Rugby** (G)
5.00 **Rugby Nation** (G)
5.30 **Prime News**
6.00 **American Pickers** (G, R)
7.00 **Storage Wars** (PG, R, **C**)
7.30 **Rescue: River Deep Mountain High** (PG, R, **C**)
8.00 **Kalgoorlie Cops** (M, **C**)
8.35 **The Equalizer** (M, **C**) McCall races to prevent the murder of DA Grafton.
9.35 **Game of Thrones** (18, **C**)
12.00am SmackDown (PG)
1.00 **Fear the Walking Dead** (18, **C**)
2.00 – 6.00 Infomercials

■ **NEW** ■ **RETURN** ■ **FINAL** ■ **FILM** **C** Captions **AD** Audio Description **HD** High Definition

WHAKAATA MĀORI FREEVIEW 5 SKY 019

6.30 **Kids' Programmes**
8.30 **Whānau Bake-Off** (G, R)
9.30 **Easy Eats** (G, R)
10.00 **Kai with Anne Thorp** (G, R)
10.30 **Moon Tide Fishing** (G, R)
11.00 **Te Ao Mārama**
11.30 **Te Ao with Moana** (R)
Noon **Te Ao Tapatahi**
12.30 **Tagata Pasifika**
1.00 **5 Minutes of Fame** (G, R)
2.00 ■ **Lassie Come Home** (2020, PG, R) Nico Marischka.
4.00 **Waka Huia** (G, R)
4.30 **The Hui** (R)
5.00 **Matangireia** (G, R)
5.30 **Te Ao Toa** Erena Mikaere and Stacey Fluhler present a sport show.
6.30 **Heritage Rescue** (G, R) Brigid Gallagher visits a military museum near Hamilton that has a collection rivaling anything in the country, but is run by one man.
7.30 **Whānau** (PG, R) Documentary about four Māori families expecting new babies.
8.30 ■ **Minari** (2020, M) In the 1980s, a family of South Korean immigrants chase the American Dream in rural Arkansas. Steven Yeun, Han Ye-ri, Alan Kim, Youn Yuh-jung, Will Patton. **TV Films, page 69**
10.30 – 11.30 Tāringa (G, R)

Drama: THE NORTH WATER MARATHON

The bloody business of whaling is second only to human treachery in this adaptation of Ian McGuire's Man Booker Prize longlisted novel. Jack O'Connell's doctor joins the crew of a whaling ship in Hull; it's all downhill from there. **RIALTO, 12.25pm**

BRAVO FREEVIEW 4 SKY 012

6.00 **Top Chef** (PG, R)
9.10 **Hoarders** (PG, R)
10.00 **Hoarders** (PG, R)
10.50 **Undercover Boss** (PG, R)
11.40 **Love It or List It** (PG, R)
1.30 **Stop Search Seize** (PG, R)
2.30 **Rich Kids Go Skint** (PG, R)
3.25 **Million Dollar Listing: NY** (PG, R)
4.30 **A Place in the Sun: Summer Sun** (PG, R)
6.30 **Tiny House Nation** (PG)
7.30 ■ **Trading Places** (1983, M, R, **C**) On a bet, two callous millionaire brothers switch the fortunes of a snobbish investor and a street con artist. Eddie Murphy, Dan Aykroyd.
9.50 **999 What's Your Emergency?** (M, R) Problems between neighbours.
10.55 **Young, Dumb and Banged Up in the Sun** (M, R)
11.50 **The Real Housewives of Dubai** (M)
12.50am – 6.00 Infomercials

EDEN FREEVIEW 8 SKY 013

6.00 **Key of David**
6.30 **Through the Bible**
7.00 **Leading the Way**
7.30 **Animal Cribs** (PG, R)
8.20 **Baked in Vermont** (G)
8.50 **The Best Thing I Ever Ate** (G, R)
9.40 **Museum Mysteries** (PG, R)
10.25 **American Pickers** (PG, R)
11.10 **Building the Dream** (G)
Noon **Craft Wars** (PG)
1.00 **Best in Food** (G)
1.30 **The 1% Club** (PG, R)
2.30 **My Lottery Dream Home** (G, R)
3.00 **Amanda to the Rescue**
4.00 **Baker's Dozen** (G)
5.00 **Mysteries at the Museum** (PG)
6.00 **American Pickers** (PG)
7.00 **Everything but the House**
7.30 **Tony Robinson's Coast to Coast** (G)
8.30 ■ **American Hustle** (2013, M) Bradley Cooper. **TV Films, page 69**
11.05 **Forged in Fire** (PG)
12.00am Flea Market Flip (G) **12.25 – 6.00** Infomercials

RUSH FREEVIEW 14 SKY 024

6.00 **Tanked** (PG, R)
7.40 **Turbo Pickers** (PG, R)
8.30 **Alaska: Battle on the Bay** (PG, R)
9.20 **Building Off the Grid: Alaska Range** (R)
10.10 **Ed Stafford: Left for Dead** (PG, R)
10.55 **Inside West Coast Customs** (PG, R)
11.40 **Garage Squad** (PG, R)
1.20 **Wheeler Dealers Marathon** (PG, R)
5.45 **Garage Squad** (PG)
6.40 **Head Rush** (G)
7.30 **Turbo Pickers** (PG)
8.25 **Iron Resurrection** (PG) A customer wants Joe to customise a 1972 Nova as a tribute to his brother – if they can find one.
9.20 **Texas Metal** (PG) Bill and the team finish the 1968 Chevy C10, and an old dump truck arrives in the shop.
10.15 **Airplane Repo** (M)
11.05 **Garage Squad** (PG, R)
12.00am Programmes continue

TVNZ DUKE FREEVIEW 6 SKY 023

6.00 **On Duke Today**
7.00 **DUKEbox Music**
12.05 **Superstore** (PG, R, **HD**, **C**, **AD**) s5ep3
2.05 **Motorway Patrol** (PG, R, **C**)
2.55 **River Monsters** (PG, R, **HD**, **C**)
3.50 **Xploration: Awesome Planet** (G, R, **HD**)
4.15 **Impossible Engineering** (G, R, **HD**, **C**, **AD**)
5.05 **The Big Bang Theory** (G, R, **HD**, **C**, **AD**) s4ep12
5.55 **MythBusters: There's Your Problem!** (PG, R, **HD**)
6.30 **Ultimate Rides** (G, **HD**) s2ep20
7.00 **Family Guy** (PG, R, **HD**, **C**, **AD**)
7.30 **The Simpsons** (PG, R, **HD**, **C**) s15ep22
8.30 **Great Escapes with Morgan Freeman** (PG, R, **HD**, **C**, **AD**) s1ep6
9.25 **Top Gear America** (G, **HD**) The Jeep Mojave versus the Polaris RZR.
10.05 **Wheelburn** (PG, **HD**) Rog from the Rock crashes the RX7.
10.35 **Fast Justice** (PG, R, **HD**, **C**, **AD**) UK series.
11.30 – 12.25am Wild Kai Legends (PG, R, **HD**, **C**) s2ep3

SKY PREMIERE SKY 030

6.40 **The Devil Has a Name** (2021, 16) Kate Bosworth
8.15 **The Eyes of Tammy Faye** (2021, M) Jessica Chastain
10.20 **South of Heaven** (2021, 16) Jason Sudeikis
12.20 **The Suicide Squad** (2021, 16) Margot Robbie, Idris Elba
2.30 **Scream** (2022, 16) Melissa Barrera, Mason Gooding
4.25 **Stillwater** (2021, M) Matt Damon, Abigail Breslin
6.40 **The Card Counter** (2021, 16) While trying to keep a young man on the straight and narrow, a former military interrogator is drawn back into his dark past. Oscar Isaac, Tye Sheridan
8.30 **Dune** (2021, M) The son of a noble house is thrust into a war for a desert planet that is the only source of a valuable substance. Timothée Chalamet, Rebecca Ferguson **TV Films, page 69**
11.05 **Belfast** (2021, M) Jamie Dornan, Caitriona Balfe
12.40am Mortal Kombat (2021) (2021, 18) **2.27** Dear Evan Hansen (2021, M) **4.47** Great White (2020, 16)

MOVIES CLASSICS SKY 034

6.00 **The Pink Panther** (1963, PG) Peter Sellers, David Niven
7.55 **The King of Comedy** (1983, PG) Robert De Niro
9.45 **Birdman of Alcatraz** (1962, PG) Burt Lancaster
12.10 **Bullitt** (1968, M) Steve McQueen, Robert Vaughn
2.00 **Gandhi** (1982, PG) Ben Kingsley, Om Puri
5.03 **Death Wish** (1974, 16) Charles Bronson, Hope Lange
6.35 **The Witches of Eastwick** (1987, M) Three lonely women get more than what they wished for when they conjure up a flamboyant mystery man. Jack Nicholson, Susan Sarandon
8.30 **The Deer Hunter** (1978, 18) The lives of three small-town steel mill workers are changed forever after fighting in the Vietnam War. Robert De Niro, Christopher Walken, John Savage, Meryl Streep
11.30 **Bye Bye Birdie** (1963, PG) Dick Van Dyke, Janet Leigh
1.20am The Fan (1996, 16) **3.15** Goodfellas (1990, 16) **5.40** The Blue Lagoon (1980, M)

RIALTO SKY 039

6.05 **Days of the Bagnold Summer** (2019, M) Monica Dolan, Rob Brydon
7.35 **The Jump** (2020, M) Lithuanian documentary.
9.00 **No Man of God** (2021, 16) Elijah Wood, Luke Kirby
10.40 **Shine** (1996, M) Geoffrey Rush, Armin Mueller-Stahl
12.25 **The North Water Marathon** (16) Drama series about a 19th-century whaling expedition. s1ep1-5
5.25 **Grain: The Analog Renaissance** (2021, M) US documentary.
6.50 **Prisoners of the Ghostland** (2021, 16) A criminal must break a curse in order to rescue an abducted girl. Nicolas Cage, Sofia Boutella
8.30 **Rialto British: Manhunt: The Night Stalker** (M) UK crime series based on the investigation into a 17-year-old unsolved case. s1ep1
9.20 **The Man Putin Couldn't Kill** (2021, M) UK documentary.
10.50 **The Crimson Rivers: The Last Hunt** (16)
12.25am Two Hands (1999, 16) **2.00** The North Water Marathon (16) s1ep1-4

SKY CHANNELS

Vibe SKY 006

6.25 Family Finders (M) s2ep6&7 **7.25** The Sounds (M) s1ep8 **8.10** Judge Judy Omnibus (PG) **9.50** The Closer Omnibus (M) **1.45** Harlots (16) s1ep8 **2.45** The Chronicle Mysteries: The Deep End (PG) **4.30** Back in Time for Dinner (PG) s1ep2 **5.30** Murder, Mystery and My Family: Case Closed (M) s1ep5 **6.30** Dream Home Rescue (PG) s1ep9&10 **7.30** Designing Dreams (G) Architect Nicholas Dalton's unique work is inspired by the combination of European and Māori elements in his childhood church in Mamaku. s1ep2 **8.30** Victoria (M) At Christmas 1846, Victoria and Albert have vastly different expectations of the festive season. s2ep9 **10.15** Agatha Christie's Marple (M) An attempt to bring a stately home back to its former glory is marred when a visiting Austrian diplomat is shot dead. s5ep2 **12.00am** Programmes continue

BBC UKTV SKY 007

6.00 Traces (M) s1ep1&2 **7.40** Keeping Up Appearances (PG) s1ep1 **8.10** Holby City (PG) s21ep19 **9.10** EastEnders Marathon (PG) **11.10** The Jonathan Ross Show (M) s18ep2 **Noon** The Graham Norton Show (M) s29ep8 **12.50** TBA (M) **1.40** Midsomer Murders (M) s18ep5 **3.25** The Trial of Christine Keeler (M) s1ep5 **4.30** Death in Paradise (PG) s10ep6 **5.35** Heartbeat (PG) s18ep10 **6.30** Death in Paradise (PG) s10ep4 **7.35** Doc Martin (M) s2ep8 **8.30** Who Do You Think You Are? (PG) Sharon Osbourne uncovers the difficult circumstances of her mother's and grandmother's lives. **9.35** Call the Midwife (PG) Jenny is seconded to the short-staffed London Hospital to work on the male surgical ward. s2ep3 **10.40** Call the Midwife (PG) Jenny needs all her skill as a midwife when she assists at the birth of a disabled baby. s2ep4 **11.40** Casualty (PG) s37ep2 **12.30am** Programmes continue

SoHo SKY 010

6.10 The Man Who Fell to Earth Marathon (16) s1ep1-10 **3.35** Scenes from a Marriage (16) s1ep2 **4.40** Animal Kingdom (16) s6ep6 **5.30** Irma Vep (16) s1ep8 **6.30** White House Farm (18) s1ep2 **7.30** The Invisible Pilot (16) Gary trades his quiet Arkansas life for a fresh start in Miami, but is soon caught up with Pablo Escobar. s1ep2 **8.30** The White Lotus (16) After Shane shoots down her latest career plans, Rachel is further blindsided by an unexpected arrival. s1ep4 **9.30** House of the Dragon (18) s1ep2 **10.30** Real Time with Bill Maher (M) s20ep24 **11.30** The Rehearsal (16) s1ep4 **12.05am** Programmes continue

Living SKY 017

6.15 Salvage Hunters (PG) **7.00** Heavenly Gardens (PG) **8.00** Garden Rescue (PG) **8.50** Gardening Australia (PG) **9.50** Our Simple Life (PG) **10.50** Salvage Hunters: The Restorers (PG) **11.40** Exploring Northern Ireland with Siobhán McSweeney (PG) **12.35** Rachael Ray's Week in a Day (PG) **1.35** Girl Meets Farm (PG) **2.00** Cake Wars (PG) **2.55** Buddy vs. Duff (PG) **3.50** Bakers vs. Fakers (PG) **4.45** Spring Baking Championship (PG) **5.40** Love It or List It Australia (PG) **7.30** The Great British Dig (PG) Hugh Dennis and a team of archaeologists excavate back gardens around Britain. **8.30** Shed and Buried (PG) **9.30** Paramedics on Scene (PG) **10.30** Cake Wars (PG) **11.20** Buddy vs. Duff (PG) **12.10am** Programmes continue

Investigation Discovery SKY 018

6.05 I'd Kill for You (M) **7.45** Dead Reckoning (M) **8.35** People Magazine Investigates (M) **9.25** Nightmare Next Door (M) **10.20** Dead of Night (M) **11.15** The Perfect Murder (M) **12.10** Crime Scene Confidential (M) **1.05** Body Cam (M) **2.00** American Detective with Lt. Joe Kenda Marathon (M) **6.35** Unseamly: The Investigation of Peter Nygård (M) **8.30** Murder in the Heartland (M) **9.30** Undercover Underage (M) **10.30** The Perfect Murder (M) **11.25** Nightmare Next Door (M) **12.15am** Programmes continue

Sky Arts SKY 020

6.20 ■ An Impossible Project (2020, G) **8.00** The Miracle of Heliane (G) Opera by Erich Wolfgang Korngold. **10.50** Parklife **12.30** George Carlin's American Dream (PG) **2.20** ■ An Impossible Project (2020, G) **3.30** Artists & Love **4.00** Mahler, Live: A Dialogue Between Two Ballets **5.40** D.H. Lawrence: Sex, Exile and Greatness **6.30** Noel Gallagher's High Flying Birds in Concert 2016 **7.30** You, Myself and Art **8.00** Joan Baez: Live in New York (G) A concert recorded at New York City's Beacon Theatre to celebrate Joan Baez's 75th birthday, featuring performances by Paul Simon, David Crosby, Jackson Browne, Emmylou Harris and more. **9.30** Kíla: Pota Óir (G) Documentary about the cult Irish band. **10.35** Rock Legends: The Allman Brothers **11.00** Rock Legends: Chuck Berry **11.30** Rock Legends: Cream **12.00am** Programmes continue

Discovery SKY 070

6.05 How It's Made (PG) **6.30** How Do They Do It? (PG) **6.55** Strange Evidence (PG) **7.45** Contact (PG) **8.35** Heavy Tow Truckers Down Under (PG) **9.25** Aussie Salvage Squad (PG) **10.20** Strange Evidence (M) **11.15** Gold Rush: White Water (M) **12.10** Aussie Gold Hunters (PG) **1.05** Heavy Tow Truckers Down Under (PG) **2.00** Aussie Mega Mechanics Marathon (PG) **7.30** Aussie Gold Hunters (PG) **8.30** Naked and Afraid (M) **10.30** Dual Survival (M) **11.25** Strange Evidence (PG) **12.15am** Programmes continue

National Geographic SKY 072

6.30 Witness to Disaster (M) **7.30** Air Crash Investigation: Special Report (PG) **9.30** Last of the Giants: Wild Fish (PG) **10.30** Wicked Tuna (PG) **11.30** Narco Wars: The Mob Marathon (16) **5.30** Running Wild with Bear Grylls: The Challenge (PG) **6.30** Tut's Treasures: The Last Pharaoh (PG) **7.30** César Millan: Better Human, Better Dog (PG) **8.30** Air Crash Investigation: Special Report (M) **9.30** Drain the Oceans Best ofs (PG) **10.30** Running Wild with Bear Grylls: The Challenge (PG) **11.30** Aussie Snake Wranglers (PG) **12.30am** Programmes continue

History SKY 073

7.30 Egypt (PG) **8.30** Time Team **9.30** The Nile: 5000 Years of History (PG) **10.30** Bombers of World War II (PG) **12.25** Egypt (PG) **1.25** End of Empire: Rise & Fall of Dynasties (PG) **2.25** Beyond Kokoda (PG) **4.35** Walking Britain's Roman Roads (PG) **5.30** Legendary Castles (PG) **6.30** Abandoned Engineering (PG) **7.30** Around the World by Train with Tony Robinson (PG) Tony enjoys a 10,000km journey along the Trans-Siberian Railway. **8.30** Besieged Fortresses, Legendary Battles (PG) The Siege of Alesia in 52BC is considered one of Caesar's greatest military achievements. **9.30** The Other Pompeii (PG) **10.40** Ancient Apocalypse (PG) **11.40** Penelope Keith's Hidden Coastal Villages **12.35am** Programmes continue

BBC Earth SKY 074

6.00 Life Below Zero (M) **6.45** Life in the Air (PG) **7.40** Louis Theroux: Altered States (M) **8.45** Trust Me, I'm a Doctor (PG) **9.40** Spy in the Wild Marathon (PG) **12.45** The Dog Rescuers with Alan Davies (PG) **2.20** 24 Hours in A&E (PG) **3.55** Universe (PG) **4.55** Frozen Planet (PG) **5.50** Walking the Himalayas (PG) **6.45** Life Below Zero (M) **7.40** The Dog Rescuers with Alan Davies (PG) **8.30** Chris Packham's Animal Einsteins (PG) Some of the best building animals in the world. **9.35** Universe (PG) Brian Cox explores how the Universe come to be. **10.35** Trust Me, I'm a Doctor (PG) Michael Mosley tests how hard you really need to exercise to improve your health. **11.30** Spy in the Wild Marathon (PG) **2.35am** Programmes continue

SoHo: House of the Dragon, 9.30pm

SKY SPORT

Sky Sport 1 SKY 051

6.30 Premier League, replay **8.30** Premier League, replay **10.30** NPC, Taranaki v Waikato **10.45** NPC, Manawatu v Tasman **11.00** Farah Palmer Cup, semi-final **11.30** Farah Palmer Cup, semi-final **Noon** Rugby Championship, All Blacks v Argentina, replay **2.00** NPC, Canterbury v Hawke's Bay, from Orangetheory Stadium, Christchurch, **live 4.00** NPC, Southland v Wellington **4.15** NPC, Northland v Auckland **4.30** NPC, North Harbour v Counties Manukau, from North Harbour Stadium, Auckland, **live 6.30** Farah Palmer Cup, semi-final **7.00** Farah Palmer Cup, semi-final **7.30** The Breakdown **8.30** Rugby Nation **9.00** Rugby Championship, All Blacks v Argentina **9.30** Rugby Championship, Australia v South Africa **10.00** NPC, Canterbury v Hawke's Bay **10.15** NPC, Otago v Bay of Plenty **10.30** NPC, North Harbour v Counties Manukau **10.50** Farah Palmer Cup, semi-final **11.20** Farah Palmer Cup, semi-final **11.50** The Breakdown **12.50am** NPC, Canterbury v Hawke's Bay, replay **2.50** NPC, North Harbour v Counties Manukau, replay **4.50** NPC, Otago v Bay of Plenty **5.10** Premier League, highlights **5.30** Rugby Nation

Sky Sport 2 SKY 052

6.30 ICF Canoe Slalom World Championships, kayak finals, replay **7.45** Australia v Zimbabwe, 3rd ODI **8.00** Premier League, replay **10.00** Premier League, Wolverhampton v Southampton, replay **Noon** Premier League, Aston Villa v Manchester City, replay **2.00** National Provincial Championship, Otago v Bay of Plenty, from Forsyth Barr Stadium, Dunedin, **live 4.00** Premier League, replay **6.00** Premier League, highlights **7.00** ICF Canoe Slalom World Championships, canoe semi-finals, **live 9.10** Premier League, highlights **9.30** ICF Canoe Slalom World Championships, canoe finals, **live 10.50** Premier League, replay **12.50am** Premier League, **live 3.00** The Darts Show **3.30** Farah Palmer Cup, semi-final **4.00** Farah Palmer Cup, semi-final **4.30** Vuelta a España, stage 14 **5.00** Rugby Nation **5.30** LPGA Tour Highlights

Sky Sport 3 SKY 053

6.15 Australia v Zimbabwe, 3rd ODI **6.30** Women's Caribbean Premier League, Barbados Royals v Guyana Amazon Warriors, **live 10.30** CPL, St Kitts & Nevis Patriots v Trinbago Knight Riders, **live 2.45** Australia v Zimbabwe, 1st ODI **3.00** Australia v Zimbabwe, 2nd ODI **3.30** Australia v Zimbabwe, 3rd ODI, replay **11.30** Women's CPL, Guyana Amazon Warriors v Trinbago Knight Riders **12.00am** Women's CPL, Barbados Royals v Guyana Amazon Warriors **12.30** CPL, Guyana Amazon Warriors v Jamaica Tallawahs **1.00** CPL, St Kitts & Nevis Patriots v Trinbago Knight Riders highlights **1.30** CPL, Barbados Royals v St Lucia Kings, **live 5.45** Australia v Zimbabwe. 3rd ODI

TVNZ 1 FREEVIEW 1 SKY 001

6.00 **Breakfast** (**HD**, **C**) Jenny-May Clarkson and Indira Stewart present news, sport, information and weather.
9.00 **Lingo** (G, **HD**, **C**) Adil Ray hosts a UK quiz show.
10.00 **Tipping Point** (G, R, **HD**, **C**) Ben Shephard hosts a UK quiz show.
11.00 **The Chase** (G, R, **HD**, **C**) Bradley Walsh hosts a UK quiz show.
Noon **1 News** (**HD**, **C**)
12.30 **Emmerdale** (PG, **HD**, **C**, **AD**) Amelia's pregnancy is outed, Faith throws a party, and Bob physically restrains Dan from attacking Noah.
1.30 **Country Calendar** (PG, R, **HD**, **C**, **AD**) A North Island farmer moves south to manage a government-owned farm on the edge of Fiordland National Park.
2.00 **The Repair Shop** (G, R, **HD**, **C**, **AD**) UK series in which expert craftspeople restore treasured items.
3.00 **Tipping Point** (G, R, **HD**, **C**) Ben Shephard hosts a UK quiz show.
4.00 **Te Karere** A Māori perspective on the day's news and current affairs.
4.30 **Dog Squad** (PG, R, **HD**, **C**, **AD**)
5.00 **The Chase** (G, **HD**, **C**) Bradley Walsh hosts a UK quiz show.
6.00 **1 News** (**HD**, **C**)
7.00 **Seven Sharp** (**HD**, **C**) Hilary Barry and Jeremy Wells present current affairs and entertainment.
7.30 **Fair Go** (**C**) Pippa Wetzell and Hadyn Jones present consumer affairs and investigations.
8.00 **The Check Up** (G, **HD**, **C**, **AD**) Mataroria Lyndon, Shawn Gielen-Relph, Jayani Kannangara and Vanisi Prescott present a local health series. Tonight, ditching meat for a plant-based diet, and a cervical screening game changer that could save countless lives. s3ep2
8.30 **My Life Is Murder** (PG, **C**, **AD**) Truth is stranger than fiction when a crime novelist is found encased in a public sculpture. s3ep2
9.30 ■ **I Am** (M, R, **HD**, **C**, **AD**) Daryl tells the story of how he spent his first 18 years in foster care.
10.30 **1 News** (**HD**, **C**)
11.00 **Shortland Street** (PG, R, **C**, **AD**)
11.30 ■ **Keeping Australia Safe** (PG, **HD**, **C**, **AD**) s1ep6
12.40am **Q+A with Jack Tame** (R, **HD**, **C**)
1.40 **Te Karere** (R)
2.05 **Infomercials**
5.30 – 6.00 **Te Karere** (R)

TVNZ 2 FREEVIEW 2 SKY 002

6.00 **Les Mills Born to Move** (G, R, **HD**, **C**)
6.30 **Toi Time** (G, R, **HD**, **C**, **AD**)
7.00 **Robin Hood: Mischief in Sherwood** (G, R, **HD**, **C**)
7.25 **Agent Binky: Pets of the Universe** (G, **HD**, **C**)
7.50 **Teen Titans Go!** (G, R, **HD**, **C**)
8.10 **The Adventures of Paddington** (G, R, **HD**, **C**)
8.35 **Sesame Street** (G, R, **HD**, **C**)
9.00 **Bluey** (G, R, **HD**, **C**)
9.05 **Infomercials**
9.35 **Les Mills BodyBalance** (G, R, **HD**, **C**)
10.05 **Home and Away** (PG, R, **C**)
10.35 **Shortland Street** (PG, R, **HD**, **C**, **AD**)
11.05 **Charmed** (PG, **HD**, **C**)
Noon **First Dates** (PG, **HD**, **C**) s6ep6
1.00 **Selling Houses Australia** (G, R, **HD**, **C**)
2.00 **The Drew Barrymore Show** (PG, R, **HD**, **C**)
3.00 ■ **Will & Grace** (PG, R, **C**) s1ep1
3.30 **The Feed** (PG, **HD**, **C**)
5.00 **The Simpsons** (PG, R, **HD**, **C**, **AD**) s31ep9
5.30 **Friends** (G, R, **HD**, **C**) s10ep9
6.00 **Ghosts** (PG, **HD**, **C**, **AD**) s1ep9
6.30 **Home and Away** (PG, **C**) Dean shows Nikau the harsh truth, and a guilty Ziggy can't avoid Remi.
7.00 **Shortland Street** (PG, **HD**, **C**, **AD**) Dawn can't hide anymore, Cece accepts an olive branch, and Maeve is firm with Leanne.
7.30 ■ **Celebrity Treasure Island** (PG, **HD**, **C**, **AD**, another episode screens tomorrow) Matt Chisholm and Bree Tomasel present a local reality series in which celebrities battle it out for charity.
8.40 ■ **Renters** (PG, **HD**, **C**, **AD**) Local series following property managers. Tonight, in Tāmaki Makaurau, Michelle encounters a cockroach catastrophe, while in Waihōpai, Tracy has fleas up to her knees. s10ep1
9.10 ■ **Australian Survivor: Blood v Water** (PG, **C**, another episode screens tomorrow) Jonathan LaPaglia presents a reality show in which 24 castaways in Far North Queensland compete. s9ep1
11.10 **Two and a Half Men** (PG, R, **HD**, **C**) s8ep6
11.35 **2 Broke Girls** (PG, R, **HD**, **C**) s2ep3
12.30am **Counterpart** (16, **HD**, **C**) s1ep4
1.25 **Emmerdale** (PG, R, **HD**, **C**, **AD**)
2.15 **Infomercials**
3.10 **The Cube** (G, R, **HD**, **C**)
3.55 **Heroes** (M, R, **C**) s3ep2
4.35 **Neighbours** (PG, R, **HD**, **C**)
5.00 – 6.00 **Infomercials**

THREE FREEVIEW 3 SKY 003

6.00 **AM** With Ryan Bridge and Melissa Chan-Green.
9.00 **Infomercials**
10.30 **Gold Rush** (PG, R, **C**)
11.30 **Newshub Live**
Noon **Ready to Love** (M, **C**)
1.00 ■ **Deadly Daycare** (2014, M, **C**) Kayla Ewell, Christy Carlson Romano.
3.00 **Outrageous Acts of Science** (PG, **C**)
4.00 **Bath Crashers** (G, **C**)
4.30 **Newshub Live**
5.00 **Gold Rush** (PG, **C**)
6.00 **Newshub Live**
7.00 **The Project** With Kanoa Lloyd, Jesse Mulligan and Jeremy Corbett.
7.30 **The Block NZ: Redemption** (PG, **C**, another episode screens tomorrow) Teams start their kitchen and dining spaces.
8.40 ■ **The Rookie** (M, **C**) US crime drama series. Tonight, Nolan and the team race against the clock to locate Lopez after she is kidnapped on her wedding day. s4ep1
9.35 ■ **Law & Order: Special Victims Unit** (M, **C**) US crime drama series. Tonight, shen the squad tries to solve an assault in Central Park, they are hampered by their own blind spots and a community that is losing trust in the police. s22ep1
10.30 **Newshub Late**
11.00 **Head High** (M, R, **C**) Local drama series.
12.05am **Infomercials**
5.30 – 6.00 AM Early With Bernadine Oliver-Kerby.

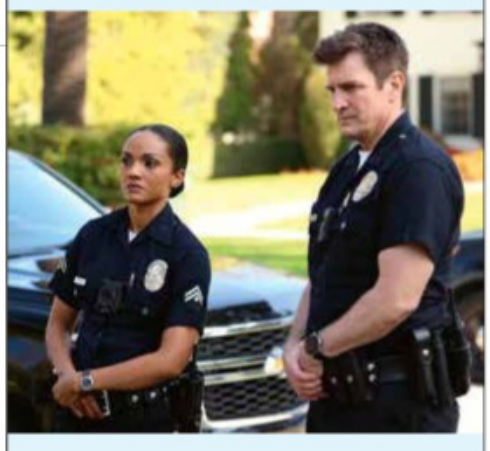
PRIME FREEVIEW 10 SKY 004

6.00 **Infomercials**
8.00 **Kids' Programmes** (**C**)
9.05 **Jeopardy** (G, R)
9.30 **Addicted to Fishing** (PG, R, **C**)
10.00 **Dan Brown's The Lost Symbol** (M, R, **C**)
11.00 **NCIS: New Orleans** (M, R, **C**)
Noon **Parenthood** (M)
1.00 **House** (M, **C**)
2.00 **The Late Show with Stephen Colbert** (PG, R)
3.00 **Wheel of Fortune** (G)
3.30 **Jeopardy** (G)
4.00 **American Pickers** (PG, R)
5.00 **Tagata Pasifika** (G)
5.30 **Prime News**
6.00 **Storage Wars** (PG, R, **C**)
7.00 **Pawn Stars** (PG, R)
7.30 **American Pickers** (PG, R)
8.30 **The Crowd Goes Wild Live**
9.30 **Super Pumped: The Battle for Uber** (16, **C**) The boardroom becomes a battle zone for how best to run the company.
10.50 **The Late Show with Stephen Colbert** (PG)
11.50 **Ballers** (16)
12.30am – 6.00 **Infomercials**

Crime: RECIPES FOR LOVE AND MURDER

Maria Doyle Kennedy once again swaps her Irish accent for a Scottish one in this new cosy crime drama series based on the books by Sally Andrew. Singer Doyle Kennedy will be known to *Outlander* fans as Jocasta Cameron, but her acting career began in 1991 with *The Commitments* and she has amassed a list of roles as long as your arm, so playing Tannie Maria in Karoo, South Africa, shouldn't be a stretch. Advice columnist Maria and her colleague Jessie (Kylie Fisher) investigate the murder of a woman who wrote to Maria about her abusive husband. Tony Kgoroge plays the annoyed local cop.

ACORN TV



Crime drama: THE ROOKIE

Nathan Fillion's John Nolan is hardly a rookie anymore, although he is still senior in years if not experience. In season four, there's a serial killer, a sniper, Russian agents and a "sovereign citizen" to contend with, but not before the team rescue Lopez (Alyssa Diaz), who was kidnapped last season.

THREE, 8.40pm

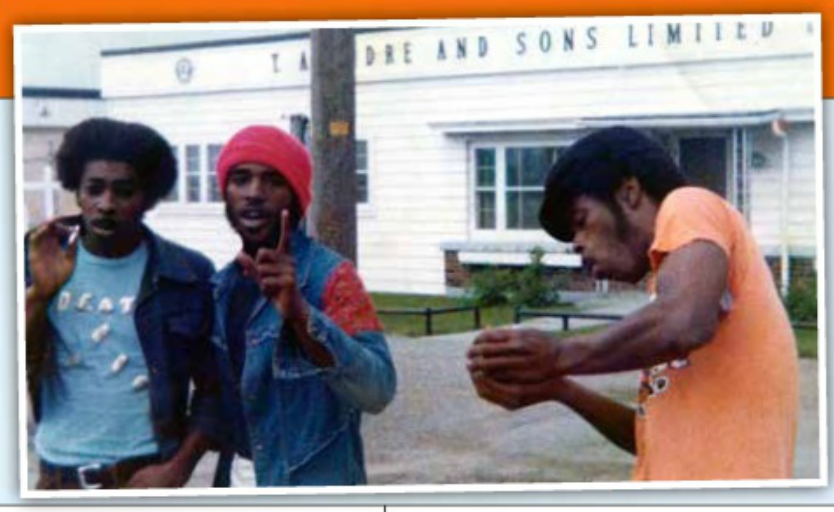
■ **NEW** ■ **RETURN** ■ **FINAL** ■ **FILM** **C** Captions **AD** Audio Description **HD** High Definition

WHAKAATA MĀORI FREEVIEW 5 SKY 019

6.30 **Kids' Programmes**
8.30 **Oranga Ngākau** (G)
9.00 **Easy Eats** (G, R)
9.30 **Whānau Living** (G, R)
10.00 **Hāngi Pit Masters** (G, R)
10.30 **Toi Te Ora** (G, R)
11.00 **Whānau** (PG, R)
Noon **Te Ao Tapatahi**
12.30 **Celebrity Playlist** (G, R)
1.00 **Heritage Rescue** (G, R)
2.00 **Tōku Reo** (G, R)
2.30 **Ako** (G, R)
3.05 **Kids' Programmes**
5.15 **Haka Life** (G, R)
5.30 **Kids' Programmes**
6.00 **Haka Ngahau ā-Rohe: Te Tai Tokerau** (G, R) Te Tai Tokerau, from Whangārei.
6.30 **Te Ao Mārama**
7.00 **Marae** Current affairs.
7.30 **Our Other Islands** (PG) Troy Kingi travels to the deep south and meets locals who are living in "the pearl of the oyster" while also reconnecting with their roots on Rakiura.
8.00 **Te Ao with Moana** With Moana Maniapoto.
8.30 **Legacy** (G, R) Documentary about Katchafire.
9.30 **A Band Called Death** (2012, M) Documentary about 1970s punk trio Death and their new-found popularity decades after they disbanded.
11.10 – 11.40 **Te Ao Mārama** (R)

Film: A BAND CALLED DEATH

You've never heard of Death? This doco unearths a Detroit punk band who became collectable only in their afterlife: Death may have come from the home of Iggy Pop and the MC5, but being an all-Black punk band was an anomaly at the 1970s.
WHAKAATA MĀORI, 9.30pm



BRAVO FREEVIEW 4 SKY 012

6.00 **Infomercials**
10.00 **Love It or List It** (PG, R)
10.50 **Stop Search Seize** (PG, R)
11.40 **Killer Siblings** (M, R)
12.30 **Tattoo Fixers** (M, R)
1.30 **Below Deck** (R)
2.30 **Love It or List It** (PG, R)
3.30 **Top Chef** (PG)
4.30 **Shark Tank** (PG, R)
5.30 **A Place in the Sun: Summer Sun** (PG)
6.30 **Stop Search Seize** (PG, R)
7.30 **Snapped: Killer Couples** (M)
8.30 **New York Homicide** (16) A pregnant single mum said goodnight to her 12-year-old daughter and was found dead in the morning miles away in the Hudson River.
9.30 **Exhumed: Killer Revealed** (16) The attempted murder of a popular businessman leads detectives down a twisted path of mysterious deaths.
10.30 **Killer Siblings** (M, R)
11.30 **#Killerpost** (M, R)
12.20am – 6.00 Infomercials

EDEN FREEVIEW 8 SKY 013

6.00 **Amanda to the Rescue** (PG, R)
7.00 **The Pioneer Woman** (G)
7.30 **Trisha's Southern Kitchen** (G)
8.00 **Baker's Dozen** (G, R)
9.00 **Museum Mysteries** (PG, R)
10.00 **American Pickers** (PG, R)
11.00 **Salvage Dawgs** (G)
11.30 **Flea Market Flip** (G, R)
Noon **Bang on Budget** (PG)
1.00 **Daryl's Restoration Overhall**
1.30 **Everything but the House** (G, R)
2.00 **Tony Robinson's Coast to Coast** (G, R)
3.00 **My Cat from Hell** (PG)
4.00 **Jamie's Super Food** (G)
5.00 **Museum Mysteries** (PG)
6.00 **American Pickers** (PG)
7.00 **Incredible Journeys with Simon Reeve** (PG)
8.00 **Newshub Live**
8.30 **Alone at Home** (PG)
9.30 **Joanna Lumley's Unseen Adventures** (PG)
10.30 **Incredible Journeys** (PG, R)
11.30 **Flea Market Flip** (G)
12.00am – 6.00 Infomercials

RUSH FREEVIEW 14 SKY 024

6.00 **Alaskan Bush People** (PG, R)
6.50 **Tanked** (PG, R)
7.40 **Wheeler Dealers** (PG, R)
8.30 **Turbo Pickers** (PG, R)
9.20 **Iron Resurrection** (PG, R)
10.10 **Texas Metal** (PG, R)
11.00 **Alaskan Bush People** (PG, R)
11.50 **Tanked** (PG, R)
12.40 **Building Off the Grid: Alaska Range** (PG, R)
1.30 **Building Alaska** (G, R)
2.20 **Homestead Rescue** (PG, R)
3.10 **Wheeler Dealers** (PG, R)
4.00 **Turbo Pickers** (PG, R)
4.50 **Alaskan Bush People** (PG, R)
5.45 **Tanked** (PG)
6.35 **Wheeler Dealers** (PG)
7.30 **Ed Stafford: Left for Dead** (PG) Ed Stafford is in the Atacama Desert.
8.25 **Man vs. Wild** (PG) Bear Grylls tackles the lethal mangroves and infamous viper pits of Panama.
9.20 **Naked and Afraid** (M)
10.15 **Alaskan Bush People** (PG)
11.10 **Tanked** (PG, R)
12.00am Programmes continue

TVNZ DUKE FREEVIEW 6 SKY 023

6.00 **On Duke Today**
11.00 **DUKEbox Music**
12.05 **Two and a Half Men** (M, R, **HD**, **C**) s11ep14
12.30 **Everybody Hates Chris** (PG, R, **HD**, **C**)
12.50 **River Monsters** (PG, R, **HD**, **C**)
1.45 **Star Trek Discovery** (PG, **HD**, **C**) s2ep1
2.50 **Hunting Aotearoa** (PG, R, **HD**) s12ep3
3.15 **Heavy Rescue 401** (G, R, **HD**)
4.05 **The Chase Aus** (G, **HD**, **C**)
4.55 **ABC World News** (PG)
5.20 **Abandoned Engineering** (G, R, **HD**, **C**)
6.10 **30 Rock** (PG, R, **HD**, **C**)
6.40 **Two and a Half Men** (PG, R, **HD**, **C**) s11ep15
7.05 **Everybody Hates Chris** (G, R, **HD**, **C**)
7.30 **The Simpsons** (PG, R, **HD**, **C**)
8.30 **Family Guy** (M, R, **HD**, **C**, **AD**)
9.25 **Ten Year Old Tom** (M, **HD**, **C**)
10.00 **Robot Chicken** (M, **HD**)
10.25 **Aqua Teen Hunger Force** (16, **HD**)
10.50 **The Eric Andre Show** (M, R)
11.15 **YOLO: Crystal Fantasy** (M, R, **HD**) Australian cartoon.
11.40 **Venture Brothers** (M, **HD**)
1.40am – 2.05 ABC World News (PG, R)

SKY PREMIERE SKY 030

6.17 **New Year, New You** (2018, 16) Suki Waterhouse
7.40 **Come Play** (2020, M) Azhy Robertson, Gillian Jacobs
9.15 **Songbird** (2020, 16) KJ Apa, Sofia Carson
10.40 **Pooka Lives!** (2019, 16) Malcolm Barrett
Noon **The Fallout** (2021, 16) Jenna Ortega, Maddie Ziegler
1.35 **A Nasty Piece of Work** (2019, 16) Kyle Howard
2.50 **Judas & the Black Messiah** (2021, 16) Daniel Kaluuya
4.55 **The Little Things** (2021, M) Denzel Washington
7.00 **Death of a Telemarketer** (2021, M) A telemarketer finds himself at the mercy of a man he tried to swindle. Lamorne Morris
8.30 **Blue Bayou** (2020, M) A Korean adoptee raised in Louisiana confronts his past when he discovers he could be deported. Justin Chon, Alicia Vikander
10.30 **Jackass Forever** (2022, 16) Johnny Knoxville
12.05am Let Them All Talk (2020, M) **1.55** Psycho Wedding Planner (2017, M) **3.22** Gully (2021, 18) **4.45** Flesh and Blood (2018, 16)

MOVIES CLASSICS SKY 034

7.25 **T-Men** (1947, PG) Dennis O'Keefe, Mary Meade
8.55 **Halloween 4: The Return of Michael Myers** (1988, 16) Donald Pleasence
10.25 **Tucker: The Man and His Dream** (1988, PG) Jeff Bridges, Joan Allen
12.15 **Robinson Crusoe** (1954, G) Dan O'Herlihy
1.45 **China Girl** (1987, 18) Richard Panebianco, Sari Chang
3.15 **Forever Young** (1992, PG) Mel Gibson, Jamie Lee Curtis.
4.55 **The Caine Mutiny** (1954, G) Humphrey Bogart
6.55 **The Princess Bride** (1987, PG) A farmboy-turned-pirate encounters numerous obstacles in his quest to be reunited with his true love. Robin Wright, Cary Elwes
8.30 **The Candidate** (1972, PG) A US Senate candidate's ideals weaken as his position in the polls grows stronger. Robert Redford, Peter Boyle
10.20 **The Towering Inferno** (1974, PG) Paul Newman
1.00am Fail Safe (1964, PG) **2.50** The House That Dripped Blood (1971, M) **4.30** The Night of the Generals (1967, PG)

RIALTO SKY 039

6.00 **The North Water** (16) s1ep5
7.00 **Grain: The Analog Renaissance** (2021, M) US documentary.
8.25 **Prisoners of the Ghostland** (2021, 16) Nicolas Cage
10.05 **The Man Putin Couldn't Kill** (2021, M) UK documentary.
11.35 **35 Days** (M) s5ep1&2
1.15 **Spaceship Earth** (2020, M) US documentary.
3.10 **Carmen & Lola** (2018, 16) Zaira Romero
4.55 **The World to Come** (2020, M) Vanessa Kirby
6.40 **Helmut Newton: The Bad and the Beautiful** (2020, M) German documentary.
8.15 **A Hole** (2021, PG) Josh McKenzie
8.30 **Rialto World: The Rose Maker** (2020, M) A rose grower reluctantly trains three workers. Catherine Frot
TV Films, page 69
10.05 **The Promise** (M) s1ep6
11.10 **Larger Than Life: The Kevyn Aucoin Story** (2017, M) US documentary.
12.55am Dogs Don't Wear Pants (2019, 18) **2.40** A Hole (2021, PG) **2.55** Spaceship Earth (2020, M) **4.50** Carmen & Lola (2018, 16)

SKY CHANNELS

Vibe SKY 006

6.00 Parenthood (M) s5ep18 **6.50** Judge Judy (PG) **7.15** The Closer (M) s5ep11 **8.05** The Mysteries of Laura (M) s2ep10 **8.50** The Good Wife (M) s2ep6 **9.40** Covert Affairs (M) **10.30** Judge Judy (PG) **11.15** Agatha Christie's Marple (M) s5ep2 **1.00** Back in Time for Dinner (PG) s1ep2 **2.00** The Closer (M) s5ep11 **2.50** The Mysteries of Laura (M) s2ep10 **3.40** The Good Wife (M) s2ep6 **4.30** Judge Judy (PG) **5.30** Parenthood (M) s5ep18 **6.30** Covert Affairs (M) **7.30** Casualty 24/7 (M) s2ep1 **8.30** Ambulance (16) s7ep4 **9.30** Inside the Operating Theatre (M) s1ep17 **10.30** The Good Wife (M) s2ep6 **11.20** Judge Judy (PG) **11.50** Casualty 24/7 (M) s2ep1 **12.50am** Programmes continue

BBC UKTV SKY 007

6.00 Would I Lie to You? (PG) **6.30** QI (M) **7.05** Richard Osman's House of Games Night (PG) s2ep2 **7.35** The Bill (M) **8.25** A Touch of Frost (M) s2ep2 **10.10** Father Brown (M) s3ep11 **11.00** Doc Martin (M) s3ep4 **11.50** Midsomer Murders (M) s3ep4 **1.35** The Bill (M) **2.25** New Tricks (M) s8ep10 **3.25** 8 Out of 10 Cats Does Countdown (M) **4.20** The Graham Norton Show (M) s25ep7 **5.15** Who Do You Think You Are? (PG) **6.20** QI (PG) **6.55** EastEnders (PG) **7.25** QI (M) **8.00** Richard Osman's House of Games (PG) s1ep1 **8.35** Death in Paradise (PG) s10ep7 **9.40** The Trial of Christine Keeler (M) s1ep6 **10.45** Keeping Faith (M) s1ep6 **11.50** Midsomer Murders (M) s3ep4 **1.35am** Programmes continue

SoHo SKY 010

6.05 Rap Sh!t (16) s1ep6 **6.40** House of the Dragon (18) s1ep2 **7.40** White House Farm (18) s1ep2 **8.30** Real Time with Bill Maher (M) s20ep24 **9.30** The White Lotus (16) s1ep4 **10.30** The Invisible Pilot (16) s1ep2 **11.25** The Rehearsal (16) s1ep4 **Noon** House of the Dragon (18) s1ep2&3 **2.25** Real Time with Bill Maher (M) s20ep24 **3.25** Rap Sh!t (16) s1ep6 **4.00** Mr Inbetween (16) s2ep7 **4.30** Watchmen (18) s1ep5 **5.30** A Million Little Things (M) s2ep1 **6.15** I Hate Suzie (M) s1ep7 **6.50** Black Monday (16) s2ep8 **7.20** Last Week Tonight with John Oliver (M) s9ep21 **8.00** What We Do in the Shadows (16) s4ep3 **8.30** House of the Dragon (18) s1ep3 **9.30** City on a Hill (16) s3ep5 **10.30** Whitmer Thomas: The Golden One (M) Comedy special. **11.35** Get Shorty (16) s3ep4 **12.35am** Programmes continue

Living SKY 017

6.15 Salvage Hunters (PG) **7.10** The Pioneer Woman (PG) **7.35** Mexican Made Easy (PG) **8.05** House Hunters (PG) **9.00** Long Lost Family US (PG) **10.00** Lost for Words (PG) **11.00** A Place in the Sun: Winter Sun (PG) **11.55** Love It or List It Australia **12.50** Location Location Australia (PG) **1.50** Salvage Hunters (PG) **2.45** House Hunters (PG) **3.45** The Pioneer Woman (PG) **4.15** Mexican Made Easy (PG) **4.45** Lost for Words (PG) **5.40** Location Location Location (PG) **6.35** Love It or List It Australia **7.30** A Place in the Sun: Winter Sun (PG) **8.30** Selling Houses Australia (PG) **9.30** The Great Hotel Escape (PG) **10.30** Grand Designs New Zealand (PG) **11.25** House Hunters (PG) **12.15am** Programmes continue

Investigation Discovery SKY 018

6.05 Six Degrees of Murder (M) **6.55** American Monster (M) **7.45** Evil Lives Here (M) **8.35** Crime Scene Confidential (M) **9.25** Nightmare Next Door (M) **10.20** Dead of Night (M) **11.15** The Perfect Murder (M) **12.10** Six Degrees of Murder (M) **1.05** Married with Secrets (M) **2.00** I'd Kill for You (M) **2.55** Deadly Recall (M) **3.50** Blood Relatives (M) **4.45** Six Degrees of Murder (M) **5.40** Unseamly: The Investigation of Peter Nygård (M) **7.30** Evil Lives Here (M) **8.30** American Monster (M) **9.30** Evil Lives Here (M) **10.30** The Perfect Murder (M) **11.25** Nightmare Next Door (M) **12.15am** Programmes continue

Sky Arts SKY 020

6.35 Rock Legends: The Allman Brothers **7.00** Rock Legends: Chuck Berry **7.30** Rock Legends: Cream **8.00** Mahler, Live: A Dialogue Between Two Ballets **9.40** D.H. Lawrence: Sex, Exile and Greatness **10.30** Noel Gallagher's High Flying Birds in Concert 2016 11.**30** You, Myself and Art **Noon** Joan Baez: Live in New York **1.30** Kíla: Pota Óir **2.35** Rock Legends: The Allman Brothers **3.00** Rock Legends: Chuck Berry **3.30** Rock Legends: Cream **4.00** Landscape Artist of the Year Canada **4.45** Rose-Marie Stanley: A Queen of Heart **6.05** Being Beethoven **7.05** The Great Pottery Throw Down **8.00** Off Camera: Michael Connelly **8.55** The Birth of Haute Cuisine **9.50** Secrets of the Museum (G) Behind the scenes of the Victoria & Albert Museum. **10.40** Artists & Love **11.10** Put Some Colour in Your Life **12.00am** Programmes continue

Discovery SKY 070

6.05 How It's Made (PG) **6.30** How Do They Do It? (PG) **6.55** Blowing Up History (PG) **7.45** Maine Cabin Masters (PG) **8.35** Gold Rush: White Water (M) **9.25** Aussie Gold Hunters (PG) **10.20** Gold Rush: Dave Turin's Lost Mine (PG) **11.15** Heavy Tow Truckers Down Under (PG) **12.10** How Do They Do It? (PG) **12.35** How It's Made (PG) **1.05** The Alaska Triangle (PG) **2.00** Naked and Afraid (M) **2.55** Bering Sea Gold (M) **3.50** Gold Rush (M) **4.45** Alaska: The Last Frontier (M) **5.40** Aussie Mega Mechanics (PG) **6.35** Aussie Gold Hunters (PG) **7.30** Demolition Down Under (PG) **8.30** Heavy Tow Truckers Down Under (PG) **9.30** Last Outpost (PG) **10.30** Railroad Alaska (PG) **11.25** Naked and Afraid (M) **12.15am** Programmes continue

National Geographic SKY 072

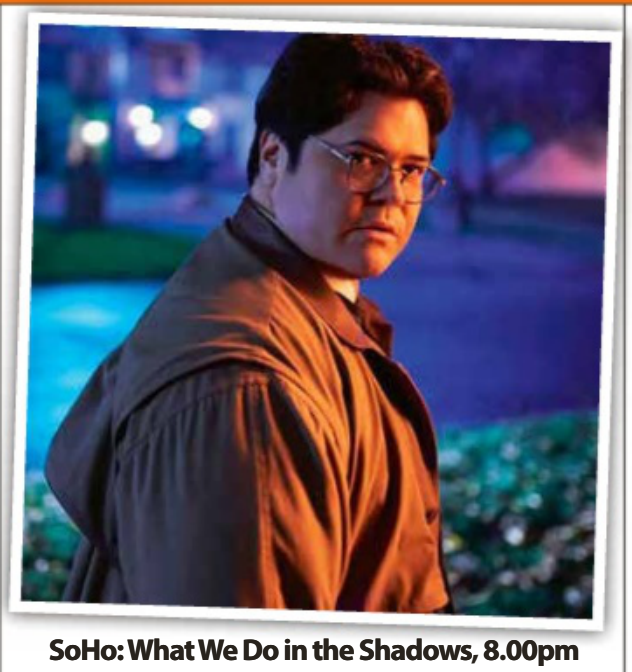
6.00 Aussie Snake Wranglers (PG) **6.30** Drain the Oceans Best ofs (PG) **7.30** Outback Wrangler Marathon (PG) **9.30** Air Crash Investigation: Special Report (M) **10.30** Air Crash Investigation (M) **11.30** Food Factory (PG) **12.30** Air Crash Investigation (M) **1.30** Mega Factories **2.30** WWII in Europe: Voices from the Front (M) **3.30** Inside the SS (PG) **4.30** Hitler's Last Stand (M) **6.30** César Millan: Better Human, Better Dog (PG) **7.30** First Alaskans (PG) **8.30** Running Wild with Bear Grylls: The Challenge (PG) **9.30** Primal Survivor: Mighty Mekong (PG) **10.30** Drain the Oceans Best ofs (PG) **11.30** Food Factory (PG) **12.30am** Programmes continue

History SKY 073

6.15 The Other Pompeii (PG) **7.25** Ancient Apocalypse (PG) **8.25** Time Team **9.25** Around the World by Train with Tony Robinson (PG) **10.20** Besieged Fortresses, Legendary Battles (PG) **11.20** The Other Pompeii (PG) **12.30** Ancient Apocalypse (PG) **1.30** History of the Submarine (PG) **2.35** Scorched Earth (PG) **3.35** Tanks **4.35** Line of Fire (PG) **5.35** River Hunters (PG) **6.30** Time Team **7.30** Ancient Egypt's Darkest Hours (PG) **8.30** The Engineering That Built the World (PG) **9.30** The Story of Egypt (PG) **10.40** War Wrecks: The Untold Stories (M) **11.40** The Australian SAS: The Untold History (M) **12.40am** Programmes continue

BBC Earth SKY 074

6.00 Big Animal Surgery (M) **7.05** Life Below Zero (M) **7.55** Where the Wild Men Are (PG) **8.45** Strangest Things (PG) **9.35** Trust Me, I'm a Doctor (PG) **10.35** The Dog Rescuers with Alan Davies (PG) **11.25** 24 Hours in A&E (PG) **12.15** Nature's Great Events (PG) **1.10** Strangest Things (PG) **2.00** Big Animal Surgery (M) **3.00** Nature's Great Migrations (PG) **4.05** Trust Me, I'm a Doctor (PG) **5.05** Life Below Zero (M) **5.55** Where the Wild Men Are (M) **6.50** The Dog Rescuers with Alan Davies (PG) **7.40** 24 Hours in A&E (PG) **8.30** Life Below Zero (M) **9.25** Where the Wild Men Are (M) Ben Fogle meets Alex, who traded in his lucrative retail career for a mountainside hideaway in central Portugal. **10.20** Nature's Great Events (PG) **11.20** Nature's Great Migrations (PG) **12.25am** Programmes continue



SoHo: What We Do in the Shadows, 8.00pm

SKY SPORT

Sky Sport 1 SKY 051

6.00 Premier League, Chelsea v West Ham, replay **8.00** Premier League, Manchester United v Arsenal, replay **10.00** Rugby Championship, Australia v South Africa, replay **Noon** The Breakdown **1.00** NPC, Taranaki v Waikato, replay **3.00** Rugby Nation **3.30** NPC, Southland v Wellington, replay **5.30** Heartland Championship, Buller v Poverty Bay, highlights **5.45** NPC, North Harbour v Counties Manukau, highlights **6.00** Premier League, Manchester United v Arsenal, replay **8.00** Rugby Championship, Australia v South Africa, highlights **8.30** The Crowd Goes Wild **9.30** Rugby Championship, All Blacks v Argentina, replay **11.30** Farah Palmer Cup, semi-final 1 **1.30am** Farah Palmer Cup, semi-final 2 **3.30** Farah Palmer Cup, semi-final 1 **3.45** Rugby, Farah Palmer Cup, semi-final 2 **4.00** NPC, Manawatu v Tasman, replay

Sky Sport 2 SKY 052

6.00 National Provincial Championship, Northland v Auckland, replay **8.00** Premier League, replay **10.00** ICF Canoe Slalom World Championships, canoe semi-finals, replay **12.15** ICF Canoe Slalom World Championships, canoe finals, replay **1.30** ICF Canoe Slalom World Championships, extreme slalom, replay **2.45** ICF Canoe Slalom World Championships, day 2, highlights **3.45** The Breakdown **4.45** National Provincial Championship, North Harbour v Counties Manukau, highlights **5.00** Rugby Nation **5.30** Inside Netball **6.00** Premier League, replay **8.00** Premier League, replay **10.00** National Provincial Championship, North Harbour v Counties Manukau, replay **12.00am** National Provincial Championship, Otago v Bay of Plenty, replay **2.00** Rugby Championship, All Blacks v Argentina, replay **4.00** Farah Palmer Cup, semi-final, replay

Sky Sport 3 SKY 053

6.00 Women's CPL, final, **live** **10.15** Australia v Zimbabwe, 3rd ODI **10.30** CPL, St Kitts & Nevis Patriots v Guyana Amazon Warriors, **live** **2.45** Australia v Zimbabwe, 2nd ODI **3.00** Women's CPL, final, replay **6.30** CPL, Barbados Royals v St Lucia Kings **7.00** CPL, St Kitts & Nevis Patriots v Guyana Amazon Warriors **7.30** Women's CPL, final **8.00** 2015 Cricket World Cup, Black Caps v Australia **9.00** 2011 Australia v Black Caps, 2nd test wrap **11.30** CPL, St Kitts & Nevis Patriots v Guyana Amazon Warriors replay **3.30am** Australia v Zimbabwe, 2nd ODI **4.00** Australia v Zimbabwe, 3rd ODI **4.30** Women's CPL, Trinbago Knight Riders v Barbados Royals **5.00** Women's CPL, Guyana Amazon Warriors v Trinbago Knight Riders **5.30** Women's CPL, Barbados Royals v Guyana Amazon Warriors

Lifestyle: EAT WELL FOR LESS?

Chris Bavin has a new co-host for the eighth season of UK series *Eat Well for Less?* Jordan Banjo is a member of the dance troupe Diversity, which won the third series of *Britain's Got Talent*. He's also a radio and television host and although he may not have the food background of his predecessor, Gregg Wallace, he has had to markedly change his lifestyle after being told he was morbidly obese as a teenager. He told the *Express* he "felt 90% fear and 10% excitement" about stepping into Wallace's shoes, but that he and Bavin "had a lot of fun filming". With inflation soaring in the UK, the show will also have a focus on budgeting.
TVNZ 1, 7.30pm

Documentary: MANUFACTURING HAPPINESS

Speaking of wellness, perhaps ennui is over. This French documentary takes a look at the modern obsession with happiness and the billions it generates. Philosophers, sociologists, economists and psychiatrists appear.
SKY ARTS, 8.35pm

TVNZ 1 FREEVIEW 1 SKY 001

6.00 **Breakfast** (**HD**, **C**) Jenny-May Clarkson and Indira Stewart present news, sport, information and weather.
9.00 **Lingo** (G, **HD**, **C**) Adil Ray hosts a UK quiz show.
10.00 **Tipping Point** (G, R, **HD**, **C**) Ben Shephard hosts a UK quiz show.
11.00 **The Chase** (G, R, **HD**, **C**) Bradley Walsh hosts a UK quiz show.
Noon **1 News** (**HD**, **C**)
12.30 **Emmerdale** (PG, **C**, **AD**) Dan and Kerry come to terms with Amelia's pregnancy, Gabby and Laurel are frosty with Kit, and Pollard worries about what he has let himself in for.
1.00 **Hollyoaks** (PG, **HD**, **C**, **AD**) The burden of keeping secrets takes its toll on Liberty, Sienna seriously underestimates her rival, and Zoe is at odds with Felix.
1.30 **Fair Go** (R, **C**) Pippa Wetzell and Hadyn Jones present consumer affairs and investigations.
2.00 **The Repair Shop** (G, R, **HD**, **C**, **AD**) UK series in which expert craftspeople restore treasured items.
3.00 **Tipping Point** (G, R, **HD**, **C**) Ben Shephard hosts a UK quiz show.
4.00 **Te Karere** A Māori perspective on the day's news and current affairs.
4.30 **Dog Squad** (PG, R, **HD**, **C**, **AD**) Corrections dog Wally finds drugs on prison grounds.
5.00 **The Chase** (G, **HD**, **C**) Bradley Walsh hosts a UK quiz show.
6.00 **1 News** (**HD**, **C**)
7.00 **Seven Sharp** (**HD**, **C**) Hilary Barry and Jeremy Wells present current affairs and entertainment.
7.30 ■ **Eat Well for Less?** (G, **HD**, **C**, **AD**) UK series in which Chris Bavin and Jordan Banjo help families shop better. Tonight, a family of serial snackers love a takeaway. s8ep1
8.40 ■ **Unbreakable** (PG, **C**, **AD**) Local series following remarkable individuals as they pursue their life goals. Tonight, Ming Ming goes on his first date, and AJ makes a comeback. s2ep6
9.40 **Coronation Street** (PG, **C**, **AD**)
10.40 **1 News** (**HD**, **C**)
11.10 **Shortland Street** (PG, R, **C**, **AD**)
11.45 **Sunday** (R, **C**) Miriama Kamo presents current affairs.
12.40am **Lodgers for Codgers** (M, R, **HD**, **C**, **AD**)
1.35 **Te Karere** (R)
2.00 **Infomercials**
5.30 – 6.00 **Te Karere** (R)

TVNZ 2 FREEVIEW 2 SKY 002

6.00 **Les Mills Born to Move** (G, R, **HD**, **C**)
6.25 **Kiri and Lou** (G, R, **HD**, **C**, **AD**)
6.30 **Toi Time** (G, R, **HD**, **C**, **AD**)
7.00 **Robin Hood: Mischief in Sherwood** (G, R, **HD**, **C**)
7.25 **Agent Binky: Pets of the Universe** (G, **HD**, **C**)
7.50 **Teen Titans Go!** (G, R, **HD**, **C**)
8.15 **The Adventures of Paddington** (G, R, **HD**, **C**)
8.35 **Sesame Street** (G, R, **HD**, **C**)
9.00 **Bluey** (G, R, **HD**, **C**)
9.10 **Infomercials**
9.35 **Les Mills BodyCombat** (G, R, **HD**, **C**)
10.05 **Home and Away** (PG, R, **C**)
10.35 **Shortland Street** (PG, R, **HD**, **C**, **AD**)
11.05 **Charmed** (PG, **HD**, **C**)
Noon **Celebrity Treasure Island** (PG, R, **HD**, **C**, **AD**)
1.10 **Selling Houses Australia** (G, R, **HD**, **C**)
2.10 **The Drew Barrymore Show** (PG, R, **HD**, **C**)
3.00 **Will & Grace** (G, R, **C**) s1ep2
3.30 **The Feed** (**HD**, **C**)
5.00 **The Simpsons** (PG, R, **HD**, **C**, **AD**) s31ep10
5.30 **Friends** (G, R, **HD**, **C**) s10ep10
6.00 **The Big Bang Theory** (PG, R, **HD**, **C**, **AD**) s7ep4
6.30 **Home and Away** (PG, **C**) Eden and John attempt neighbourly harmony, Dean revives the spark with Ziggy, and Roo takes on a new student.
7.00 **Shortland Street** (PG, **HD**, **C**, **AD**) Desi makes a stand, Marty puts his body on the line, and Dawn finds a kindred spirit.
7.30 **Celebrity Treasure Island** (PG, **HD**, **C**, **AD**, another episode screens tomorrow) The game kicks up a notch when a new legend enters the arena.
8.30 **NCIS: Hawai'I** (M, **HD**, **C**, **AD**) When a navy seaman is involved in a murder, the team is called on to work the case on their day off, and Lucy finds out that Whistler turned down a promotion in Washington to stay in Hawaii. s1ep20
9.30 **Australian Survivor: Blood v Water** (PG, **HD**, **C**) Hosted by Jonathan LaPaglia. Tonight, when an idol is found, someone at Tribal Council tries to flush it. s9ep2
11.05 **CSI: Crime Scene Investigation** (16, **HD**, **C**) s5ep22
12.55am **Chapelwaite** (16, **HD**, **C**) s1ep9
1.45 **Emmerdale** (PG, R, **C**, **AD**)
2.10 **Infomercials**
3.05 **The Cube** (G, R, **HD**, **C**)
3.50 **Heroes** (16, R, **C**) s3ep3
4.35 **Neighbours** (PG, R, **HD**, **C**)
5.00 – 6.00 **Infomercials**

THREE FREEVIEW 3 SKY 003

6.00 **AM** With Ryan Bridge and Melissa Chan-Green.
9.00 **Infomercials**
10.30 **Gold Rush** (PG, R, **C**)
11.30 **Newshub Live**
Noon **Ready to Love** (M, **C**)
1.00 ■ **Killer in Suburbia** (2020, R, **C**) Boti Bliss, Morgan Obenreder.
3.00 **Outrageous Acts of Science** (PG, **C**)
4.00 **Bath Crashers** (G, **C**)
4.30 **Newshub Live**
5.00 **Gold Rush** (PG, **C**)
6.00 **Newshub Live**
7.00 **The Project** With Kanoa Lloyd, Jesse Mulligan and Jeremy Corbett.
7.30 **The Block NZ: Redemption** (PG, **C**, another episode screens tomorrow) The Block site is forced into a shock shutdown, putting the teams under huge pressure in an already tough week.
8.40 **NCIS** (M, **C**) When Agent Parker is framed for murder, the team put their jobs and lives on the line in order to uncover the truth. s19ep21
9.35 **NCIS: Los Angeles** (M, **C**) The team hunt for a crew that robbed an LA casino with military-grade power. s13ep22
10.30 **Newshub Late**
11.00 **The Hui** (**C**) With Mihingarangi Forbes.
11.40 **Newshub Nation** (R, **C**) With Simon Shepherd and Rebecca Wright.
12.45am **Infomercials**
5.30 – 6.00 AM Early With Bernadine Oliver-Kerby.

PRIME FREEVIEW 10 SKY 004

6.00 **Infomercials**
8.00 **Kids' Programmes** (**C**))
9.05 **Jeopardy** (G, R)
9.30 **Addicted to Fishing** (PG, R, **C**)
10.00 **Dan Brown's The Lost Symbol** (M, R, **C**)
11.00 **NCIS: New Orleans** (M, R, **C**)
Noon **Parenthood** (M)
1.00 **House** (M, **C**)
2.00 **The Late Show with Stephen Colbert** (PG, R)
3.00 **Wheel of Fortune** (G)
3.30 **Jeopardy** (G)
4.00 **American Pickers** (PG, R)
5.00 **WhichCar** (G, R, **C**)
5.30 **Prime News**
6.00 **Storage Wars** (PG, R, **C**)
7.00 **Pawn Stars** (PG, R)
7.30 **American Pickers** (PG, R)
8.30 **The Gilded Age** (16, **C**) Bertha, Marian, Aurora and Peggy take an overnight trip to see Clara Barton speak.
9.35 **Mare of Easttown** (18, **C**) Mare opens up in therapy.
10.50 **The Breakdown** (G)
11.55 **The Late Show with Stephen Colbert** (PG)
1.00 – 6.00 **Infomercials**

■ **NEW** ■ **RETURN** ■ **FINAL** ■ **FILM** **C** Captions **AD** Audio Description **HD** High Definition

WHAKAATA MĀORI FREEVIEW 5 SKY 019

6.30 **Kids' Programmes**
8.00 **Tribe** (G, R)
8.30 **Oranga Ngākau** (G, R)
9.30 **Whānau Living** (G, R)
10.00 **He Kākano** (G, R)
10.30 **Toi Te Ora** (G, R)
11.00 **Our Other Islands** (PG, R)
11.30 **Te Ngākau Tapatahi** (G, R)
Noon **Te Ao Tapatahi**
12.30 ■ **A Band Called Death** (2012, M, R) Documentary.
2.05 **Tōku Reo** (G, R)
2.35 **Ako** (G, R)
3.05 **Kids' Programmes**
5.15 **Haka Life** (G, R)
5.30 **Kids' Programmes**
6.00 **Haka Ngahau ā-Rohe: Te Tai Tokerau** (G, R)
6.30 **Te Ao Mārama**
7.00 **Giants** (G, R) The Samoan community.
7.30 **Karena and Kasey's Kitchen Diplomacy** (G) Karena and Kasey Bird take a gastronomic tour around the globe. Tonight, Seoul.
8.00 **Moon Tide Fishing** (PG) Nore Martin and his cousin Matene head out on the Hauraki Gulf.
8.30 **China Wild** (G, R) Nature series.
9.30 **Wild Kai Legends** (M, R) With Tamati Rimene-Sproat.
10.00 **Michif Country** (G) Michael Redhead Champagne.
10.30 **Piri's Tiki Tour** (PG, R)
11.00 – 11.30 **Te Ao Mārama** (R)

Sci-fi: WAR OF THE WORLDS

Howard Overman wrote the scripts for his twisty sci-fi series during a lockdown and says it was like the story had come true. In season two, there's a closer look at the aliens and their tech, including their murderous robodogs.
RIALTO, 8.30pm

BRAVO FREEVIEW 4 SKY 012

6.00 **Infomercials**
10.00 **Love It or List It** (PG, R)
10.50 **Stop Search Seize** (PG, R)
11.40 **Killer Siblings** (M, R)
12.30 **Tattoo Fixers** (M, R)
1.30 **Below Deck** (R)
2.30 **Love It or List It** (PG, R)
3.30 **Top Chef** (PG)
4.30 **Shark Tank** (PG, R)
5.30 **A Place in the Sun: Summer Sun** (PG)
6.30 **Stop Search Seize** (PG, R)
7.30 **Rich Kids Skint Holidays** (M) A wannabe Indonesian rock star lives in a flat in London funded by his parents.
8.30 **The Real Housewives of Beverly Hills** (M)
9.30 **Below Deck Down Under** (M) Aesha finds her experienced new stew may have some learning to do in the laundry, and Captain Jason continues to notice Culver's lack of initiative.
10.30 **Killer Siblings** (M, R)
11.30 **#Killerpost** (M, R)
12.20am – 6.00 Infomercials

EDEN FREEVIEW 8 SKY 013

6.00 **My Cat from Hell** (PG, R)
7.00 **The Pioneer Woman** (G)
7.30 **Trisha's Southern Kitchen**
8.00 **Jamie's Super Food** (G, R)
9.00 **Museum Mysteries** (PG, R)
10.00 **American Pickers** (PG, R)
11.00 **Salvage Dawgs** (G)
11.30 **Flea Market Flip** (G, R)
Noon **Joanna Lumley's Unseen Adventures** (PG, R)
1.00 **Alone at Home** (PG, R)
2.00 **Incredible Journeys with Simon Reeve** (PG, R)
3.00 **My Cat from Hell** (PG)
4.00 **Islands to Highlands** (G)
5.00 **Museum Mysteries** (PG)
6.00 **American Pickers** (PG)
7.00 **Extreme Animal Transport** (PG)
7.30 **It's Me or the Dog UK** (PG)
8.00 **Newshub Live**
8.30 **Luxury for Less** (PG)
9.30 **Escape to the Chateau: DIY**
10.30 **Extreme Animal Transport** (PG, R)
11.00 **It's Me or the Dog UK** (PG, R)
11.30 **Flea Market Flip** (G)
12.00am – 6.00 Infomercials

RUSH FREEVIEW 14 SKY 024

6.00 **Alaskan Bush People** (PG, R)
6.50 **Tanked** (PG, R)
7.40 **Wheeler Dealers** (PG, R)
8.30 **Ed Stafford: Left for Dead** (PG, R)
9.20 **Man vs. Wild** (PG, R)
10.10 **Naked and Afraid** (M, R)
10.55 **Alaskan Bush People** (PG, R)
11.45 **Tanked** (PG, R)
12.35 **Inside West Coast Customs** (PG, R)
1.20 **Kindig Customs** (PG, R)
2.10 **Street Outlaws: No Prep Kings** (M, R)
3.00 **Wheeler Dealers** (PG, R)
3.50 **Ed Stafford: Left for Dead** (PG, R)
4.50 **Alaskan Bush People** (PG, R)
5.45 **Tanked** (PG)
6.35 **Wheeler Dealers** (PG)
7.30 **100 Days Wild** (PG)
8.25 **Edge of Alaska** (M) The town discovers Neil's secret project.
9.20 **Deadliest Catch** (M)
10.15 **Alaskan Bush People** (PG)
11.10 **Tanked** (PG, R)
12.00am Programmes continue

TVNZ DUKE FREEVIEW 6 SKY 023

6.00 **On Duke Today**
11.00 **DUKEbox Music**
12.20 **Two and a Half Men** (M, R, **HD**, **C**) s11ep15
12.40 **Everybody Hates Chris** (G, R, **HD**, **C**)
1.05 **River Monsters** (PG, R, **HD**, **C**)
2.00 **Star Trek Discovery** (M, **HD**, **C**) s2ep2
2.45 **Hunting Aotearoa** (PG, R, **HD**) s12ep4
3.10 **Heavy Rescue 401** (G, R, **HD**)
4.05 **The Chase Aus** (G, **HD**, **C**)
4.55 **ABC World News** (PG)
5.15 **Abandoned Engineering** (G, R, **HD**, **C**)
6.10 **30 Rock** (PG, R, **HD**, **C**) s5ep21
6.35 **Two and a Half Men** (PG, R, **HD**, **C**) s11ep16
7.05 **Everybody Hates Chris** (PG, R, **HD**, **C**)
7.30 **The Simpsons** (PG, R, **HD**, **C**) s16ep4
8.30 ■ **Vanilla Sky** (2001, 16, R, **HD**, **C**, **AD**) Tom Cruise, Penélope Cruz.
10.55 **Secrets of Playboy** (M, **C**) Documentary series about the dark side of the Playboy empire and Hugh Hefne.
11.45 – 12.05am ABC World News (PG, R)

SKY PREMIERE SKY 030

6.20 **Penguin Bloom** (2020, M) Naomi Watts
7.55 **Godzilla vs. Kong** (2021, M) Alexander Skarsgard
9.45 **Wrath of Man** (2021, 16) Jason Statham
11.45 **They Come Knocking** (2018, 16) Clayne Crawford, Josephine Langford
1.10 **The Forever Purge** (2021, 16) Ana de la Reguera
2.55 **Military Wives** (2019, M) Kristin Scott Thomas
4.45 **The Many Saints of Newark** (2021, 16) Michael Gandolfini, Alessandro Nivola
6.45 **A Mouthful of Air** (2021, M) A children's author Julie Davis faces a battle of survival after the birth of her daughter unlocks an old trauma. Amanda Seyfried, Finn Wittrock
8.30 **Bisping: The Michael Bisping Story** (2021, 16) Documentary about UFC Champion Michael Bisping.
10.20 **Promising Young Woman** (2020, 18) Carey Mulligan
12.15am Land (2021, M) **1.45** Nobody (2021, 16) **3.20** The Unholy (2021, M) **5.00** The Space Between (2021, M)

MOVIES CLASSICS SKY 034

6.50 **The Big Gundown** (1967, M) Lee Van Cleef, Tomas Milian
8.20 **The Candidate** (1972, PG) Robert Redford, Peter Boyle
10.10 **Heat** (1995, 16) Al Pacino, Robert De Niro
12.55 **Waterloo** (1970, G) Rod Steiger, Christopher Plummer
3.05 **The Shining** (1980, 16) Jack Nicholson, Shelley Duvall
5.23 **The Shootist** (1976, PG) John Wayne, Lauren Bacall
7.00 **Halloween** (1978, 16) A psychotic murderer escapes and stalks a teenager and her friends. Jamie Lee Curtis, Donald Pleasence
8.30 **Fun with Dick and Jane** (1977, PG) When a socially ambitious couple become unemployed, they turn to armed robbery. Jane Fonda, George Segal
10.05 **Dirty Dancing** (1987, PG) At a holiday camp in 1963, a 17-year-old falls for her dance teacher. Patrick Swayze, Jennifer Grey
11.45 **Major Dundee** (1965, PG) Charlton Heston, James Coburn
1.45am ... and Justice for All (1979, M) **3.40** Young Winston (1972, G)

RIALTO SKY 039

6.35 **The World to Come** (2020, M) Vanessa Kirby
8.20 **The Rose Maker** (2020, M) Catherine Frot
9.55 **Larger Than Life: The Kevyn Aucoin Story** (2017, M) US documentary.
11.40 **A Hole** (2021, PG) Josh McKenzie
11.55 **35 Days** (M) s5ep3&4
1.35 **Danny Boy** (2021, M) Toby Jones
3.05 **Totally Under Control** (2020, M) US documentary.
5.05 **End of Sentence** (2019, M) John Hawkes
6.40 **The Cat Rescuers** (2018, M) US documentary.
8.10 **Heart to Heart** (2021, M) A woman's only chance of escape is to become friends with her unpredictable captor. Lauren Porteous
8.30 **War of the Worlds** (M) s2ep1
9.20 **Tread** (2020, 16) US documentary.
10.50 **The Last Shift** (2020, M) Richard Jenkins
12.20am The Crimson Rivers: The Children's Crusade (2018, 16) **2.00** Danny Boy (2021, M) **3.30** Totally Under Control (2020, M) **5.30** End of Sentence (2019, M)

SKY CHANNELS

Vibe SKY 006

6.00 Parenthood (M) s5ep19 **6.50** Judge Judy (PG) **7.15** The Closer (M) s5ep12 **8.05** The Mysteries of Laura (M) s2ep11 **8.50** The Good Wife (M) s2ep7 **9.40** Covert Affairs (M) s3ep3 **10.30** Judge Judy (PG) **11.15** Ambulance (16) s7ep4 **12.15** Inside the Operating Theatre (M) s1ep17 **1.05** Casualty 24/7 (M) s2ep1 **2.00** The Closer (M) s5ep12 **2.50** The Mysteries of Laura (M) s2ep11 **3.40** The Good Wife (M) s2ep7 **4.30** Judge Judy (PG) **5.30** Parenthood (M) s5ep19 **6.30** Covert Affairs (M) s3ep3 **7.30** Cameraman to the Queen (PG) **8.30** Vera (M) DS Ashworth's daughter is a witness to the death of a pensioner on a train. s4ep1 **10.15** The Good Wife (M) s2ep7 **11.15** Judge Judy (PG) **11.45** Cameraman to the Queen (PG) **12.45am** Programmes continue

BBC UKTV SKY 007

6.00 Would I Lie to You? (PG) **6.30** QI (M) **7.00** EastEnders (PG) **7.30** The Bill (M) **8.20** A Touch of Frost (M) s2ep3 **10.10** Father Brown (M) s3ep12 **11.00** Doc Martin (M) s3ep5 **11.50** Midsomer Murders (M) s4ep1 **1.35** The Bill (M) **2.25** New Tricks (M) s9ep1 **3.25** 8 Out of 10 Cats Does Countdown (M) **4.20** The Graham Norton Show (M) s25ep8 **5.15** Who Do You Think You Are? (PG) **6.20** QI (PG) **6.55** EastEnders (PG) **7.25** QI (M) **8.00** Richard Osman's House of Games (PG) s1ep2 **8.35** Heartbeat (PG) Rachel, Joe and Carol travel down under in search of Rosie and Carol's brother. s18ep11 **9.30** Father Brown (PG) The Minster of Defence is murdered at a masked ball hosted by Lady Felicia. s9ep10 **10.25** Doc Martin (PG) s6ep2 **11.20** Midsomer Murders (M) s4ep1 **1.05am** Programmes continue

SoHo SKY 010

6.10 I Hate Suzie (M) s1ep7 **6.45** Black Monday (16) s2ep8 **7.15** Mystery Road (16) s2ep5 **8.15** Last Week Tonight with John Oliver (M) s9ep21 **8.50** Whitmer Thomas: The Golden One (M) **9.55** What We Do in the Shadows (16) s4ep3 **10.20** House of the Dragon (18) s1ep3 **11.40** City on a Hill (16) s3ep5 **12.35** Mystery Road (16) s2ep5 **1.35** I Hate Suzie (M) s1ep7 **2.10** Black Monday (16) s2ep8 **2.40** Whitmer Thomas: The Golden One (M) **3.45** Last Week Tonight with John Oliver (M) s9ep21 **4.20** Mr Inbetween (16) s2ep8 **4.45** Watchmen (18) s1ep6 **5.45** A Million Little Things (M) s2ep2 **6.30** Billions (18) s5ep12 **7.30** Dublin Murders (16) s1ep1 **8.30** Yellowstone (16) s4ep2 **9.30** Industry (16) s2ep1 **10.30** The New Pope (16) s1ep2 **11.30** Lovecraft Country (18) s1ep2 **12.30am** Programmes continue

Living SKY 017

6.15 Salvage Hunters (PG) **7.10** The Pioneer Woman (PG) **7.35** Mexican Made Easy (PG) **8.05** House Hunters (PG) **9.00** The Great Hotel Escape (PG) **10.00** Selling Houses Australia (PG) **11.00** A Place in the Sun: Winter Sun (PG) **11.55** Love It or List It Australia **12.50** Grand Designs New Zealand (PG) **1.50** Salvage Hunters (PG) **2.45** House Hunters (PG) **3.45** The Pioneer Woman (PG) **4.15** Mexican Made Easy (PG) **4.45** Selling Houses Australia (PG) **5.40** Location Location Location (PG) **6.35** Love It or List It Australia **7.30** A Place in the Sun: Winter Sun (PG) **8.30** Salvage Hunters (PG) **9.30** Grand Designs UK (PG) **10.30** Escape to the Country (PG) **11.25** House Hunters (PG) **12.15am** Programmes continue

Investigation Discovery SKY 018

6.05 Six Degrees of Murder (M) **6.55** Murder in the Heartland (M) **7.45** Dead Reckoning (M) **8.35** Deadline: Crime with Tamron Hall (M) **9.25** Nightmare Next Door (M) **10.20** Dead of Night (M) **11.15** The Perfect Murder (M) **12.10** Six Degrees of Murder (M) **1.05** Married with Secrets (M) **2.00** I'd Kill for You (M) **2.55** Deadly Dentists (M) **3.50** Blood Relatives (M) **4.45** Six Degrees of Murder (M) **5.40** American Monster (M) **6.35** Evil Lives Here (M) **7.30** People Magazine Investigates (M) **9.30** Unseamly: The Investigation of Peter Nygård (M) **11.25** Nightmare Next Door (M) **12.15am** Programmes continue

Sky Arts SKY 020

6.40 Artists & Love **7.10** Put Some Colour in Your Life **8.00** Landscape Artist of the Year Canada **8.45** Rose-Marie Stanley: A Queen of Heart **10.05** Being Beethoven **11.05** The Great Pottery Throw Down **Noon** Off Camera **12.55** The Birth of Haute Cuisine **1.50** Secrets of the Museum **2.40** Artists & Love **3.10** Put Some Colour in Your Life **4.00** ■ The Journey of Javier Heraud (2019, G) Documentary about the the Peruvian poet. **5.35** Put Some Colour in Your Life **6.00** The Dark Side of Renaissance **7.00** Stars of the Silver Screen: Ernest Borgnine **7.45** Exhibition on Screen: Sunflowers **8.35** Manufacturing Happiness **9.30** ■ Funke (2018, G) Documetnary about chef Evan Funke. **11.00** The Art Detectives **12.00am** Programmes continue

Discovery SKY 070

6.05 How It's Made (PG) **6.30** How Do They Do It? (PG) **6.55** Blowing Up History (PG) **7.45** Maine Cabin Masters (PG) **8.35** Expedition to the Edge (PG) **9.25** Fast N' Loud (M) **10.20** Heavy Tow Truckers Down Under (PG) **11.15** Gold Rush: Dave Turin's Lost Mine (PG) **12.10** How Do They Do It? (PG) **12.35** How It's Made (PG) **1.05** The Alaska Triangle (PG) **2.00** Naked and Afraid (M) **2.55** Bering Sea Gold (M) **3.50** Gold Rush (M) **4.45** Alaska: The Last Frontier (M) **5.40** Aussie Mega Mechanics (PG) **6.35** Outback Opal Hunters (PG) **7.30** Aussie Gold Hunters (PG) **8.30** Strange Evidence (PG) **9.30** What on Earth? (PG) **10.30** Contact (PG) **11.25** Naked and Afraid (M) **12.15am** Programmes continue

National Geographic SKY 072

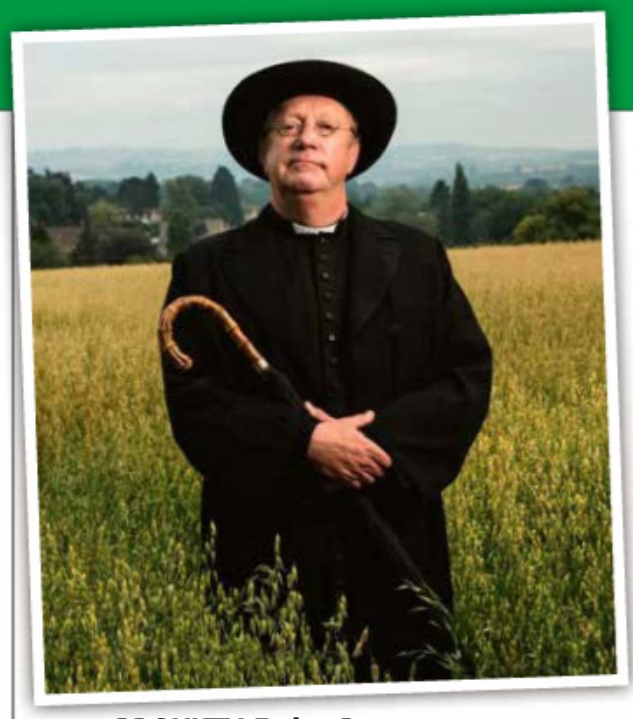
6.00 Food Factory (PG) **6.30** César Millan: Better Human, Better Dog (PG) **7.30** First Alaskans (PG) **8.30** Running Wild with Bear Grylls: The Challenge (PG) **9.30** Primal Survivor: Mighty Mekong (PG) **10.30** Drain the Oceans Best ofs (PG) **11.30** Food Factory (PG) **12.30** Air Crash Investigation (M) **1.30** Mega Factories **2.30** Facing ... (M) **3.30** Original Sin (M) **4.30** César Millan: Better Human, Better Dog (PG) **5.30** First Alaskans (PG) **6.30** Running Wild with Bear Grylls: The Challenge (PG) **7.30** Last of the Giants: Wild Fish (PG) **8.30** Unknown Waters with Jeremy Wade (PG) **9.30** Wicked Tuna (PG) **10.30** Superships: Giants of the Seas (PG) **11.30** Food Factory (PG) **12.30am** Programmes continue

History SKY 073

6.20 The Story of Egypt (PG) **7.30** War Wrecks: The Untold Stories (M) **8.30** Time Team **9.30** River Hunters (PG) **10.30** Time Team **11.30** Ancient Egypt's Darkest Hours (PG) **12.30** The Engineering That Built the World (PG) **1.30** Junkers JU87 (PG) **2.30** Scorched Earth (PG) **3.30** Tanks **4.30** Line of Fire (PG) **5.30** Britain's Most Historic Towns (PG) **6.30** Time Team **7.30** Egypt's Lost Queens (PG) **8.40** Around the World by Train with Tony Robinson (PG) **9.35** The Man Who Shot Tutankhamun **10.45** Race to Victory (PG) **11.40** Secrets of the Railways (PG) **12.35am** Programmes continue

BBC Earth SKY 074

6.00 Big Animal Surgery (M) **7.05** Life Below Zero (16) **7.55** Where the Wild Men Are (M) **8.45** Strangest Things (PG) **9.35** Trust Me, I'm a Doctor (PG) **10.35** The Dog Rescuers (PG) **11.25** 24 Hours in A&E (PG) **12.15** Nature's Great Events (PG) **1.10** Strangest Things (PG) **2.00** Big Animal Surgery (M) **3.00** Nature's Great Migrations (PG) **4.05** Trust Me, I'm a Doctor (PG) **5.05** Life Below Zero (M) **6.00** Where the Wild Men Are (PG) **6.50** The Dog Rescuers (PG) **7.40** 24 Hours in A&E (M) **8.30** Meet the Hedgehogs (PG) **9.25** Louis Theroux: Law and Disorder in Johannesburg (16) **10.30** Nature's Great Events (PG) **11.30** Nature's Great Migrations (PG) **12.30am** Programmes continue



BBC UKTV: Father Brown, 9.30pm

SKY SPORT

Sky Sport 1 SKY 051

6.00 National Provincial Championship, Canterbury v Hawke's Bay, replay from Orangetheory Stadium, Christchurch **8.00** The Crowd Goes Wild **9.00** Rugby Championship, All Blacks v Argentina, replay **11.00** Heartland Championship, Buller v Poverty Bay, highlights **11.15** National Provincial Championship, Otago v Bay of Plenty, highlights **11.30** Rugby Nation **Noon** 2011 Australia v Black Caps, 2nd test wrap from Bellerive Oval, Hobart **2.40** 2015 ICC Cricket World Cup, Black Caps v Australia, highlights **3.40** Chappell-Hadlee Series, Australia v Black Caps, 1st ODI, from Cazaly Stadium, Cairns, **live** **12.30am** Between Two Posts **1.20** Vuelta a España, stage 15, highlights **1.50** Vuelta a España, stage 16, Sanlúcar de Barrameda to Tomares, **live** **4.00** Rugby Championship, Australia v South Africa, replay

Sky Sport 2 SKY 052

6.00 Premier League, Tottenham Hotspur v Fulham, replay **8.00** Premier League, Everton v Liverpool, replay **10.00** Premier League, Brighton v Leicester, replay **Noon** Premier League, Manchester United v Arsenal, replay **2.00** Premier League, Nottingham Forest v Bournemouth, replay **4.00** Premier League, replay **6.00** Premier League, Aston Villa v Manchester City, replay **8.00** Sky Speed **8.30** Aotearoa Rugby Pod **9.00** Rugby Championship, All Blacks v Argentina, highlights **9.15** Rugby Championship, Australia v South Africa, highlights **9.30** The Back Page **10.30** The Crowd Goes Wild **11.30** Aotearoa Rugby Pod **12.00am** The Breakdown **1.00** Aotearoa Rugby Pod **1.30** Sky Speed **2.00** NRL Try Time **3.00** Australia v Zimbabwe, 3rd ODI, highlights **3.30** Matty Johns: Face to Face **4.00** Farah Palmer Cup, semi-final, replay

Sky Sport 3 SKY 053

6.00 Caribbean Premier League, St Kitts & Nevis Patriots v Barbados Royals **6.30** CPL, Guyana Amazon Warriors v Jamaica Tallawahs **7.00** Caribbean Premier League, St Kitts & Nevis Patriots v Trinbago Knight Riders **7.30** Caribbean Premier League, Barbados Royals v St Lucia Kings **8.00** Caribbean Premier League, St Kitts & Nevis Patriots v Guyana Amazon Warriors **8.30** Women's Caribbean Premier League, final, replay **Noon** Premier League, replay **2.00** Between Two Posts **3.00** Farah Palmer Cup, semi-final **5.00** Farah Palmer Cup, semi-final **7.00** Between Two Posts **8.00** Farah Palmer Cup, semi-final **10.00** Farah Palmer Cup, semi-final **12.00am** Sky Speed **12.30** Australia v Zimbabwe, 2nd ODI **1.00** Australia v Zimbabwe, 3rd ODI **1.30** Caribbean Premier League, Barbados Royals v St Lucia Kings **5.30** Caribbean Premier League, St Kitts & Nevis Patriots v Guyana Amazon Warriors

TVNZ 1 FREEVIEW 1 SKY 001

6.00 **Breakfast** (**HD**, **C**) Jenny-May Clarkson and Indira Stewart present news, sport, information and weather.
9.00 **Lingo** (G, **HD**, **C**) Adil Ray hosts a UK quiz show in which contestants compete to work out words.
10.00 **Tipping Point** (G, R, **HD**, **C**) Ben Shephard hosts a UK quiz show.
11.00 **The Chase** (G, R, **HD**, **C**) Bradley Walsh hosts a UK quiz show.
Noon **1 News** (**HD**, **C**)
12.30 **Emmerdale** (PG, **C**, **AD**)
1.00 **Hollyoaks** (PG, **HD**, **C**, **AD**) Zoe is determined to get to the bottom of Maya's murder investigation, and there is an emotional reunion at the live broadcast when a secret identity is publicly revealed.
2.00 **Coronation Street** (PG, R, **C**, **AD**)
3.00 **Tipping Point** (G, R, **HD**, **C**) Ben Shephard hosts a UK quiz show.
4.00 **Te Karere** A Māori perspective on the day's news and current affairs.
4.30 **Dog Squad** (PG, R, **HD**, **C**, **AD**) Wellington patrol dog Quita chases car thieves, and drug-hunting Anika makes a discovery on the Customs mail belt. s11ep6
5.00 **The Chase** (G, **HD**, **C**) Bradley Walsh hosts a UK quiz show.
6.00 **1 News** (**HD**, **C**)
7.00 **Seven Sharp** (**HD**, **C**) Hilary Barry and Jeremy Wells present current affairs and entertainment.
7.30 **Beat the Chasers** (G, **HD**, **C**) Bradley Walsh presents a UK quiz show in which the Chasers compete as a team, challenging contestants to play against them to win huge cash prizes (includes Lotto at 8.20pm).
8.30 **George Clarke's Flipping Fast** (G, **C**, **AD**) George Clarke presents a UK realty series. Tonight, the last two teams to buy finally find properties, but they're hundreds of miles from home. s1ep3
9.35 **Coronation Street** (PG, **C**, **AD**)
10.35 **1 News** (**HD**, **C**)
11.05 **Shortland Street** (PG, R, **C**, **AD**) Marty keeps his options open, Cece vows to cope, and Leanne takes Dawn under her wing.
11.35 ■ **Transplant** (M, **HD**, **C**) Candian medical drama series about an ER doctor transplanted from Syria.
12.30am **Under the Dome** (M, **HD**, **C**) s2ep5
1.15 **Te Karere** (R)
1.40 **Infomercials**
5.35 – 6.00 **Te Karere** (R)

TVNZ 2 FREEVIEW 2 SKY 002

6.00 **Les Mills Born to Move** (G, R, **HD**, **C**)
6.30 **Toi Time** (G, R, **HD**, **C**, **AD**)
7.00 **Robin Hood: Mischief in Sherwood** (G, R, **HD**, **C**)
7.25 **Agent Binky: Pets of the Universe** (G, **HD**, **C**)
7.50 **Teen Titans Go!** (G, R, **HD**, **C**)
8.10 **The Adventures of Paddington** (G, R, **HD**, **C**)
8.30 **Sesame Street** (G, R, **HD**, **C**)
8.55 **Bluey** (G, R, **HD**, **C**)
9.05 **Infomercials**
9.35 **Les Mills BodyAttack** (G, R, **HD**, **C**)
10.05 **Home and Away** (PG, R, **C**)
10.35 **Shortland Street** (PG, R, **HD**, **C**, **AD**)
11.05 **Charmed** (M, **HD**, **C**)
Noon **Celebrity Treasure Island** (PG, R, **HD**, **C**, **AD**)
1.00 **Selling Houses Australia** (G, R, **HD**, **C**)
2.00 **The Drew Barrymore Show** (PG, R, **HD**, **C**)
3.00 **Will & Grace** (PG, R, **C**) s1ep3
3.30 **The Feed** (PG, **HD**, **C**)
5.00 **The Simpsons** (PG, R, **HD**, **C**, **AD**) s31ep11
5.30 **Friends** (G, R, **HD**, **C**) s10ep11
6.00 **The Big Bang Theory** (PG, R, **HD**, **C**, **AD**) s7ep5
6.30 **Home and Away** (PG, **C**) Felicity's plate gets overloaded, and Nikau gets lucky with a lady.
7.00 **Shortland Street** (PG, **HD**, **C**, **AD**) Marty keeps his options open, Cece vows to cope, and Leanne takes Dawn under her wing.
7.30 **Celebrity Treasure Island** (PG, **HD**, **C**, **AD**) While some teams start to hit their stride, the same can't be said over at Kuaka, where the cracks are starting to show.
8.30 ■ **Taskmaster NZ** (16, **C**, **AD**) It's neck-and-neck between two comedians competing for the Taskmaster's golden head. s3ep10
9.30 ■ **Guessable** (PG, **HD**, **C**, **AD**) Sara Pascoe and team captains Alan Davies and Darren Harriott welcome Catherine Bohart, Kae Kurd, Rhys James and Denise Van Outen into the loft to play guessing games. s2ep12
10.30 **Girls5eva** (M, **HD**, **C**, **AD**) The women discover how much they're willing to sacrifice for a record deal. s2ep1
11.35 **Have You Been Paying Attention?** (M, R, **C**)
12.30am ■ **Guilty Party** (16, **HD**, **C**) s1ep1
1.00 ■ **Rutherford Falls** (PG, **HD**, **C**) s1ep1
1.30 **Emmerdale** (PG, R, **C**, **AD**)
1.55 **Infomercials**
2.50 **The Cube** (G, R, **HD**, **C**)
3.35 **Heroes** (M, R, **C**) s3ep4
4.20 **Bob Hearts Abishola** (PG, R, **HD**, **C**) s3ep4
4.40 **Neighbours** (G, R, **HD**, **C**)
5.00 – 6.00 **Infomercials**

THREE FREEVIEW 3 SKY 003

6.00 **AM** With Ryan Bridge and Melissa Chan-Green.
9.00 **Infomercials**
10.30 **Gold Rush** (PG, R, **C**)
11.30 **Newshub Live**
Noon **Ready to Love** (M, **C**)
1.00 ■ **Mommy Would Never Hurt You** (2019, M, R, **C**) Kristen Vaganos, Zack Gold, Libby Munro.
3.00 **Outrageous Acts of Science** (PG, **C**)
4.00 **Bath Crashers** (G, **C**)
4.30 **Newshub Live**
5.00 **Gold Rush** (PG, **C**)
6.00 **Newshub Live**
7.00 **The Project** With Kanoa Lloyd, Jesse Mulligan and Jeremy Corbett.
7.30 **The Block NZ: Redemption** (PG, **C**) The teams race to finish their kitchens and dining rooms.
8.40 **David Lomas Investigates** (PG, **C**) Magician Aperahama Wairau-Mason goes to the remote Mangaia island in the Cook Islands to try to find his biological father.
9.40 **Million Dollar Murders** (16, **C**) Deb Wallace hosts an Australian series featuring unsolved crimes with $1m rewards. Tonight, Gary Allibon was fatally shot in the back during a robbery in Sydney's CBD in 2010.
10.40 **Newshub Late**
11.10 **NRL Try Time** Lara Pitt showcases the best tries from the week's NRL.
12.15am **Infomercials**
5.30 – 6.00 **AM Early** With Bernadine Oliver-Kerby.

PRIME FREEVIEW 10 SKY 004

6.00 **Infomercials**
8.00 **Kids' Programmes** (**C**)
9.05 **Jeopardy** (G, R)
9.30 **The Neighborhood** (PG, **C**)
10.00 **Dan Brown's The Lost Symbol** (M, R, **C**)
11.00 **NCIS: New Orleans** (M, R, **C**)
Noon **Parenthood** (M)
1.00 **House** (M, **C**)
2.00 **The Late Show with Stephen Colbert** (PG, R)
3.00 **Wheel of Fortune** (G)
3.30 **Jeopardy** (G)
4.00 **American Pickers** (PG, R)
4.55 **The Hui** (G, **C**)
5.30 **Prime News**
6.00 **Sky Speed** (G)
6.30 **Storage Wars** (PG, R, **C**)
7.00 **Pawn Stars** (PG, R)
7.30 **Traffic Cops** (PG, **C**)
8.30 **The Red Stag Timber Hunters Club** (M, **C**) The gang hunt in the Canterbury Alps.
9.35 ■ **The Inventor: Out for Blood in Silicon Valley** (2019, M) Documentary.
12.05am **The Late Show with Stephen Colbert** (PG)
1.00 – 6.00 **Infomercials**

Documentary: THE INVENTOR: OUT FOR BLOOD IN SILICON VALLEY

The appetite for stories about con artists and tech grifters is second only to the true-crime genre, and it seems that as soon as documentaries appear, dramatisations follow. The story of Elizabeth Holmes and her company Theranos was told in *The Dropout* starring Amanda Seyfried (the series is currently up for six Emmy awards), but first there was this doco from Alex Gibney, a more prosaic telling of the story of a woman who procured millions for a blood-testing technology that didn't work. But wait, there's more: Jennifer Lawrence is set to star in a movie called *Bad Blood*.
PRIME, 9.35pm

Documentary: UNTOLD: RACE OF THE CENTURY

With no America's Cup to look forward to in Auckland, we may have to do with looking back on the glory years: this doco tells the story of the Aussies who, in 1983, broke the longest-running winning streak in history, held by the New York Yacht Club for 132 years.
NETFLIX

■ **NEW** ■ **RETURN** ■ **FINAL** ■ **FILM** **C** Captions **AD** Audio Description **HD** High Definition

WHAKAATA MĀORI FREEVIEW 5 SKY 019

6.30 **Kids' Programmes**
8.30 **Oranga Ngākau** (G, R)
9.30 **Whānau Living** (G, R)
10.00 **Karena and Kasey's Kitchen Diplomacy** (G, R)
10.30 **Toi Te Ora** (G, R)
11.00 **Piri's Tiki Tour** (PG, R)
11.30 **Moon Tide Fishing** (PG, R)
Noon **Te Ao Tapatahi**
12.30 **China Wild** (G, R)
1.30 **Ako** (G, R)
2.00 **Tōku Reo** (G, R)
2.30 **Ako** (G, R)
3.05 **Kids' Programmes**
5.15 **Haka Life** (G, R)
5.30 **Kids' Programmes**
6.00 **Haka Ngahau ā-Rohe: Te Tai Tokerau** (G, R) Te Tai Tokerau, from Whangārei.
6.30 **Te Ao Mārama**
7.00 **Waiata Nation II** (G, R) Trojahn Tuna blends r'n'b and soul with a powerful message about homelessness.
7.30 **After Hours Tari Takeover with Stan Walker** (PG) Stan Walker takes over the Whakaata Māori office to launch his new album, All In.
8.30 **Mt Zion** (2013, PG, R) A musically gifted spud picker from Pukekohe tries to become the opening act for Bob Marley's 1979 tour. Stan Walker, Temuera Morrison.
10.40 **Sidewalk Karaoke** (G, R)
11.10 – 11.40 **Te Ao Mārama** (R)

Film: MT ZION

The charming feature debut of *Muru* director Tearepa Kahi is also a nice time capsule of Bob Marley's only NZ appearance in 1979. Kahi gives singer Stan Walker space to do his thing, but wisely relies on more experienced actors to carry the movie.
WHAKAATA MĀORI, 8.30pm

BRAVO FREEVIEW 4 SKY 012

6.00 **Infomercials**
10.00 **Love It or List It** (PG, R)
10.50 **Stop Search Seize** (PG, R)
11.40 **Killer Siblings** (M, R)
12.30 **Tattoo Fixers** (M, R)
1.30 **Below Deck** (R)
2.30 **Love It or List It** (PG, R)
3.30 **Top Chef** (PG)
4.30 **Shark Tank** (PG, R)
5.30 **A Place in the Sun: Summer Sun** (PG)
6.30 **Stop Search Seize** (PG, R)
7.30 **999 What's Your Emergency?** (M)
8.30 **24 Hours in Emergency** (M) 87-year-old Sydney is suffering severe chest pain, and 84-year-old Alan has fallen on his elbow.
9.30 **911 Crisis Center** (M) Dispatcher Appreciation Week begins, and while morale is high, the crime rate seems to be higher.
10.00 **Killer Siblings** (M, R)
11.00 **#Killerpost** (M, R)
11.50 **The Circus** (PG, R)
12.20am – 6.00 Infomercials

EDEN FREEVIEW 8 SKY 013

6.00 **My Cat from Hell** (PG, R)
7.00 **The Pioneer Woman** (G)
7.30 **Trisha's Southern Kitchen**
8.00 **Islands to Highlands** (G, R)
9.00 **Museum Mysteries** (PG, R)
10.00 **American Pickers** (PG, R)
11.00 **Salvage Dawgs** (G)
11.30 **Flea Market Flip** (G, R)
Noon **Escape to the Chateau** (G, R)
1.00 **Luxury for Less** (PG, R)
2.00 **Extreme Animal Transport** (PG, R)
2.30 **It's Me or the Dog UK** (PG, R)
3.00 **My Cat from Hell** (PG)
4.00 **Giada in Italy** (G)
4.30 **Nigella: At My Table** (G)
5.00 **Museum Mysteries** (PG)
6.00 **American Pickers** (PG)
7.00 **Shipping Wars** (PG)
7.30 **Border Security Aus** (PG)
8.00 **Newshub Live**
8.30 **Where the Wild Men Are** (M)
9.30 **Travel Man's Greatest** (PG)
10.30 **Shipping Wars** (PG, R)
11.00 **Border Security Australia** (PG, R)
11.30 **Flea Market Flip** (G)
12.00am – 6.00 Infomercials

RUSH FREEVIEW 14 SKY 024

6.00 **Alaskan Bush People** (PG, R)
6.50 **Tanked** (PG, R)
7.40 **Wheeler Dealers** (PG, R)
8.30 **100 Days Wild** (PG, R)
9.20 **Edge of Alaska** (M, R)
10.10 **Deadliest Catch** (M, R)
11.00 **Alaskan Bush People** (PG, R)
11.50 **Tanked** (PG, R)
12.40 **Mysteries of the Deep** (PG, R)
1.30 **Expedition Unknown** (PG, R)
2.20 **NASA's Unexplained Files** (PG, R)
3.10 **Wheeler Dealers** (PG, R)
4.00 **100 Days Wild** (PG, R)
4.50 **Alaskan Bush People** (PG, R)
5.40 **Tanked** (PG)
6.35 **Wheeler Dealers** (PG)
7.30 **Building Off the Grid: Alaskan Glacier** (PG)
8.25 **Building Alaska** (G)
9.20 **Homestead Rescue** (PG) Soil poisoned by coal production hampers a Kentucky homestead.
10.15 **Alaskan Bush People** (PG)
11.10 **Tanked** (PG, R)
12.00am Programmes continue

TVNZ DUKE FREEVIEW 6 SKY 023

6.00 **On Duke Today**
11.00 **DUKEbox Music**
11.45 **Extreme E Magazine** (PG, R)
12.15 **Two and a Half Men** (PG, R, **HD**, **C**) s11ep16
12.40 **Everybody Hates Chris** (PG, R, **HD**, **C**)
1.00 **River Monsters** (PG, R, **HD**, **C**)
1.55 **Star Trek Discovery** (M, **HD**, **C**) s2ep3
2.50 **Hunting Aotearoa** (PG, R, **HD**) s12ep5
3.15 **Heavy Rescue 401** (PG, R, **HD**)
4.05 **The Chase Aus** (G, **HD**, **C**)
4.55 **Abandoned Engineering** (PG, R, **HD**, **C**)
5.45 **ABC World News** (PG)
6.10 **30 Rock** (PG, R, **HD**, **C**)
6.35 **Two and a Half Men** (PG, R, **HD**, **C**) s11ep17
7.05 **Everybody Hates Chris** (PG, R, **HD**, **C**)
7.30 **The Simpsons** (G, R, **HD**, **C**) s16ep6
8.30 **Police: Hour of Duty** (M, **HD**) s2ep4
9.25 **Disasters Engineered** (PG, **HD**, **C**) s2ep3
10.15 **Megashippers: Land, Air and Sea** (G, R, **C**, **AD**)
11.10 **Grimm** (M, **HD**)
12.40am – 1.05 ABC World News (PG, R)

SKY PREMIERE SKY 030

6.40 **Long Story Short** (2021, M) Rafe Spall, Zahra Newman
8.15 **2 Hearts** (2020, M) Jacob Elordi, Tiera Skovbye
9.55 **Crisis** (2020, 16) Gary Oldman, Armie Hammer
11.55 **Chaos Walking** (2021, M) Tom Holland, Daisy Ridley
1.45 **Death of a Telemarketer** (2021, M) Lamorne Morris, Jackie Earle Haley
3.15 **Songbird** (2020, 16) KJ Apa, Sofia Carson
4.40 **The Courier** (2020) (2020, M) Benedict Cumberbatch, Rachel Brosnahan
6.30 **The Dry** (2020, 16) When a Federal Agent returns home to attend a funeral, he reopens a decades-old wound. Eric Bana, Genevieve O'Reilly
8.30 **Never Back Down: Revolt** (2021, 16) A kidnapped woman is forced to compete in underground fights. Olivia Popica, Michael Bisping
10.00 **Dear Evan Hansen** (2021, M) Ben Platt, Kaitlyn Dever
12.20am Alone (2020, 16) **1.55** Malignant (2021, 18) **3.45** Culture Shock (2018, 16) **5.15** Charm City Kings (2020, 16)

MOVIES CLASSICS SKY 034

6.00 **Wyatt Earp** (1994, M) Kevin Costner, Dennis Quaid
9.05 **Rock'n'Roll High School** (1979, M) PJ Soles
10.35 **The Harder They Come** (1972, M) Jimmy Cliff
12.15 **Alvarez Kelly** (1966, PG) William Holden, Richard Widmark
2.05 **The Key** (1958, PG) William Holden, Sophia Loren
4.07 **Basic Instinct** (1992, 18) Michael Douglas, Sharon Stone
6.10 **Superman** (1978, PG) An alien grows up in a small Kansas town and disguises himself as a reporter. Christopher Reeve, Margot Kidder
8.30 **Casualties of War** (1989, M) During the Vietnam War, a soldier gets offside with his squad when they kidnap a female villager. Contains disturbing themes. Michael J Fox, Sean Penn
10.25 **Cape Fear** (1991, 16) Robert De Niro, Nick Nolte
12.30am The Defiant Ones (1958, PG) **2.05** Invasion of the Body Snatchers (1978, M) **4.00** The Alamo (1960, PG)

RIALTO SKY 039

7.05 **The Cat Rescuers** (2018, M) US documentary.
8.35 **The Last Shift** (2020, M) Richard Jenkins
10.05 **The Crimson Rivers: The Children's Crusade** (16)
11.45 **35 Days** (M) s5ep5&6
1.25 **Beans** (2020, 16) Kiawentiio
2.55 **Big Deal** (2021, M) Australian documentary.
4.40 **Broken Law** (2020, 16) Tristan Heanue
6.10 **Balloon** (2018, M) David Kross
8.15 **Blue Lake** (2021, M) Chris Parker
8.30 **Some Kind of Heaven** (2020, M) US documentary about America's largest retirement community.
9.55 **Never Too Late** (2020, M) Four residents of a retirement home who were POWs in Vietnam plan an escape. James Cromwell, Dennis Waterman, Jacki Weaver
11.35 **Catwalk: From Glada Hudik to New York** (2020, M) Swedish documentary.
1.15am Angel Baby (1995, 16) **3.00** Beans (2020, 16) **4.35** Blue Lake (2021, M) **4.50** Big Deal (2021, M)

SKY CHANNELS

Vibe SKY 006

6.00 Parenthood (M) s5ep20 **6.50** Judge Judy (PG) **7.15** The Closer (M) s5ep13 **8.05** The Mysteries of Laura (M) s2ep12 **8.50** The Good Wife (M) s2ep8 **9.40** Covert Affairs (M) s3ep4 **10.30** Judge Judy (PG) **11.25** Vera (M) s4ep1 **1.10** Cameraman to the Queen (PG) **2.00** The Closer (M) s5ep13 **2.50** The Mysteries of Laura (M) s2ep12 **3.40** The Good Wife (M) s2ep8 **4.30** Judge Judy (PG) **5.30** Parenthood (M) s5ep20 **6.30** Covert Affairs (M) s3ep4 **7.30** Frayed (M) s2ep1 **8.30** Julia (M) In San Francisco, Julia tests the waters of her newfound fame alongside celebrated chef James Beard. s1ep5 **9.30** Our Girl (16) Following her rescue, Georgie is eager to return to work and help locate the terrorist compound. s2ep3 **10.30** The Good Wife (M) s2ep8 **11.20** Judge Judy (PG) **11.50** Frayed (M) s2ep1 **12.50am** Programmes continue

BBC UKTV SKY 007

6.00 Would I Lie to You? (PG) **6.30** QI (M) **7.00** EastEnders (PG) **7.30** The Bill (M) **8.20** A Touch of Frost (M) s2ep4 **10.10** Father Brown (M) s3ep13 **11.00** Doc Martin (M) s3ep6 **11.50** Midsomer Murders (M) s4ep2 **1.35** The Bill (M) **2.25** New Tricks (M) s9ep2 **3.25** 8 Out of 10 Cats Does Countdown (M) **4.20** The Graham Norton Show (M) s25ep9 **5.15** Who Do You Think You Are? (PG) **6.20** QI (PG) **6.55** EastEnders (PG) **7.25** QI (M) **8.00** Richard Osman's House of Games (PG) s1ep3 **8.30** Grantchester (PG) An esteemed member of Will's congregation is found murdered. s7ep4 **9.25** Holby City (M) Chloe is forced to operate with Dominic. s21ep20 **10.30** Keeping Faith (M) s3ep2 **11.35** Midsomer Murders (M) s4ep2 **1.20am** Programmes continue

SoHo SKY 010

6.40 Billions (18) s5ep12 **7.40** Dublin Murders (16) s1ep1 **8.40** Yellowstone (16) s4ep2 **9.30** Industry (16) s2ep1 **10.30** The New Pope (16) s1ep2 **11.25** Lovecraft Country (18) s1ep2 **12.25** Billions (18) s5ep12 **1.25** Dublin Murders (16) s1ep1 **2.25** Yellowstone (16) s4ep2 **3.15** Industry (16) s2ep1 **4.15** Mr Inbetween (16) s2ep9 **4.45** Watchmen (18) s1ep7 **5.45** A Million Little Things (M) s2ep3 **6.30** House of the Dragon (18) s1ep3 **7.30** The Great (M) s1ep4 **8.30** The Rising (16) s1ep8 **9.30** The Invisible Pilot (16) Gary's resentment leads him to serve as a star witness in the Senate's investigation of the Iran-Contra scandal. s1ep3 **10.30** Real Time with Bill Maher (M) s20ep25 **11.30** What We Do in the Shadows (16) s4ep3 **12.00am** Programmes continue

Living SKY 017

6.15 Salvage Hunters (PG) **7.10** The Pioneer Woman (PG) **7.35** Mexican Made Easy (PG) **8.05** House Hunters (PG) **9.00** Grand Designs UK (PG) **10.00** Salvage Hunters (PG) **11.00** A Place in the Sun: Winter Sun (PG) **11.55** Love It or List It Australia **12.50** Escape to the Country (PG) **1.50** Salvage Hunters (PG) **2.45** House Hunters (PG) **3.45** The Pioneer Woman (PG) **4.15** Girl Meets Farm (PG) **4.45** Salvage Hunters (PG) **5.40** Location Location Location (PG) **6.35** Love It or List It Australia **7.30** A Place in the Sun: Winter Sun (PG) **8.30** The Great Garden Revolution (PG) **9.30** Gardening Australia (PG) **10.30** Charles: 50 Years a Prince (PG) **11.25** House Hunters (PG) **12.15am** Programmes continue

Investigation Discovery SKY 018

6.05 Six Degrees of Murder (M) **6.55** Dead Reckoning (M) **7.45** The Murder Tapes (M) **8.35** Body Cam (M) **9.25** Nightmare Next Door (M) **10.20** Dead of Night (M) **11.15** The Perfect Murder (M) **12.10** Six Degrees of Murder (M) **1.05** Married with Secrets (M) **2.00** I'd Kill for You (M) **2.55** Deadly Dentists (M) **3.50** Blood Relatives (M) **4.45** Six Degrees of Murder (M) **5.40** People Magazine Investigates (M) **6.35** Reasonable Doubt (M) **7.30** Evil Lives Here (M) **8.30** Who Killed the Lyon Sisters? (M) **10.30** The Perfect Murder (M) **11.25** Nightmare Next Door (M) **12.15am** Programmes continue

Sky Arts SKY 020

7.00 The Art Detectives **8.00** ■ The Journey of Javier Heraud (2019, G) **9.35** Put Some Colour in Your Life **10.00** The Dark Side of Renaissance **11.00** Stars of the Silver Screen **11.45** Exhibition on Screen: Sunflowers **12.35** Manufacturing Happiness **1.30** ■ Funke (2018, G) **3.00** The Art Detectives **4.00** Florez in Florence (G) Juan Diego Flórez returns to the stage of Maggio Musicale Fiorentino. **5.45** Classical Destinations with Simon Callow **6.15** Le Concert De Paris 2020 **8.00** RCO: Sir John Eliot Gardiner Conducts Brahms **9.30** Mozart Week 2021: Chamber Music **10.30** Andris Nelsons Conducts Tchaikovsky and Weinberg **12.00am** Programmes continue

Discovery SKY 070

6.05 How It's Made (PG) **6.30** How Do They Do It? (PG) **6.55** Blowing Up History (PG) **7.45** Maine Cabin Masters (PG) **8.35** Expedition to the Edge (PG) **9.25** Fast N' Loud (PG) **10.20** Strange Evidence (PG) **11.15** What on Earth? (PG) **12.10** How Do They Do It? (PG) **12.35** How It's Made (PG) **1.05** The Alaska Triangle (PG) **2.00** Naked and Afraid (M) **2.55** Bering Sea Gold (M) **3.50** Gold Rush (M) **4.45** Alaska: The Last Frontier (M) **5.40** Aussie Mega Mechanics (PG) **6.35** Dirty Jobs (M) **7.30** Heavy Tow Truckers Down Under (PG) **8.30** Aussie Salvage Squad (PG) **9.30** Moonshiners (M) **10.30** Naked and Afraid XL (M) **11.25** Naked and Afraid (M) **12.15am** Programmes continue

National Geographic SKY 072

6.00 Food Factory (PG) **6.30** Running Wild with Bear Grylls: The Challenge (PG) **7.30** Last of the Giants: Wild Fish (PG) **8.30** Unknown Waters with Jeremy Wade (PG) **9.30** Wicked Tuna (PG) **10.30** Superships: Giants of the Seas (PG) **11.30** Food Factory (PG) **12.30** Air Crash Investigation (M) **1.30** Mega Factories **2.30** Wicked Tuna (PG) **3.30** Easter Island: Sculptors of the Pacific (PG) **4.30** Lost Treasures of Egypt (PG) **5.30** Viking Apocalypse (PG) **6.30** Last of the Giants: Wild Fish (PG) **7.30** Seconds from Disaster (M) **8.30** Air Crash Investigation: Special Report (M) **9.30** Narco Wars: Chasing the Dragon (16) **10.30** César Millan: Better Human, Better Dog (PG) **11.30** Food Factory (PG) **12.30am** Programmes continue

History SKY 073

6.25 The Man Who Shot Tutankhamun **7.35** Race to Victory (PG) **8.30** Time Team **9.30** Britain's Most Historic Towns (PG) **10.25** Time Team **11.25** Egypt's Lost Queens (PG) **12.35** Around the World by Train with Tony Robinson (PG) **1.30** Messerschmitt 109 (PG) **2.35** Scorched Earth (PG) **3.35** Tanks **4.35** Line of Fire (PG) **5.35** Britain's Most Historic Towns (PG) **6.30** Time Team **7.30** The Abyss: The Rise & Fall of the Nazis (16) **8.40** Abandoned Engineering (PG) **9.35** Nefertiti: The Lonely Queen (PG) **10.35** Titanic: Stories from the Deep (PG) **11.30** Nazi War Machines: Secrets Uncovered (PG) **12.30am** Programmes continue

BBC Earth SKY 074

6.00 Big Animal Surgery (M) **7.05** Life Below Zero (M) **7.55** Where the Wild Men Are (PG) **8.45** Strangest Things (PG) **9.35** Trust Me, I'm a Doctor (PG) **10.30** The Dog Rescuers (PG) **11.15** 24 Hours in A&E (M) **12.05** Universe: The Making of (PG) **12.15** Nature's Great Events (PG) **1.10** Strangest Things (PG) **2.00** Big Animal Surgery (M) **3.00** Nature's Great Migrations (PG) **4.05** Trust Me, I'm a Doctor (PG) **5.05** Life Below Zero (M) **5.55** Where the Wild Men Are (PG) **6.50** The Dog Rescuers (PG) **7.40** 24 Hours in A&E (PG) **8.30** Animal Impossible (PG) **9.30** Great Barrier Reef (PG) **10.30** Nature's Great Events (PG) **11.25** Nature's Great Migrations (PG) **12.30am** Programmes continue

Vibe: Frayed, 7.30pm

SKY SPORT

Sky Sport 1 SKY 051

6.00 Chappell-Hadlee Series, Australia v Black Caps, 1st ODI **6.30** The Back Page **7.30** Between Two Posts **8.30** Chappell-Hadlee Series, Australia v Black Caps, 1st ODI **9.00** NPC, Otago v Bay of Plenty, replay **11.00** NPC, North Harbour v Counties Manukau, replay **1.00** Chappell-Hadlee Series, Australia v Black Caps, 1st ODI **1.30** Farah Palmer Cup, semi-final 1 **1.45** Farah Palmer Cup, semi-final 2 **2.00** Between Two Posts **3.00** Heartland Championship, Buller v Poverty Bay, replay **5.00** The Back Page **6.00** Between Two Posts **7.00** National Provincial Championship, Tasman v Welllington, from Trafalgar Park, Nelson, **live** **9.00** The Ditch **9.30** Once a Warrior with Monty Betham **10.00** Aotearoa Rugby Pod **10.30** Rugby Championship, All Blacks v Argentina, replay **12.30am** NPC, Tasman v Welllington, highlights **12.45** Farah Palmer Cup, semi-final 1 **1.00** Farah Palmer Cup, semi-final 2 **1.20** Vuelta a España, stage 16, highlights **1.50** Vuelta a España, stage 17, Aracena to Monasterio de Tentudía, **live** **4.00** NPC, Tasman v Welllington

Sky Sport 2 SKY 052

6.00 Between Two Posts **7.00** The Back Page **8.00** NRL Try Time **9.00** Aotearoa Rugby Pod **9.30** Sky Speed **10.00** Tour of Britain, stage 3, Durham to Sunderland, replay **12.30** Chappell-Hadlee Series, Australia v Black Caps, 1st ODI **1.00** NPC, Otago v Bay of Plenty, replay **3.00** Between Two Posts **4.00** The Back Page **5.00** Aotearoa Rugby Pod **5.30** NPC, North Harbour v Counties Manukau, replay **7.30** Chappell-Hadlee Series, Australia v Black Caps, 1st ODI, highlights **8.00** The Ditch **8.30** Premier League Match of the Week **10.30** Farah Palmer Cup, semi-final 1, replay **12.30am** Farah Palmer Cup, semi-final 2, replay **2.30** IndyCar, Grand Prix of Portland, highlights **3.30** ATP Uncovered **4.00** Rugby Championship, All Blacks v Argentina, replay

Sky Sport 3 SKY 053

9.30 Chappell-Hadlee Series, Australia v Black Caps, 1st ODI, replay **5.30** 2015 Cricket World Cup, Black Caps v Australia **6.30** Women's CPL, final **7.00** Chappell-Hadlee Series, Australia v Black Caps, 1st ODI **7.30** 2011 Australia v Black Caps, 2nd test wrap **10.00** Chappell-Hadlee Series, Australia v Black Caps, 1st ODI **10.30** Women's CPL, Trinbago Knight Riders v Barbados Royals **11.00** Women's CPL, Guyana Amazon Warriors v Trinbago Knight Riders **11.30** Women's CPL, Barbados Royals v Guyana Amazon Warriors **12.00am** Women's CPL, final, highlights **12.30** CPL, Barbados Royals v St Lucia Kings **1.00** CPL, St Kitts & Nevis Patriots v Guyana Amazon Warriors **1.30** CPL, Barbados Royals v Trinbago Knight Riders, **live** **5.45** Chappell-Hadlee Series, Australia v Black Caps, 1st ODI

Documentary:
KURT VONNEGUT: UNSTUCK IN TIME

Appropriately, the great sci-fi author and satirist doesn't get a run-of-the-mill documentary about his life: it's as much about director Robert B Weide's love for his subject as it is about the author of the great anti-war novel *Slaughterhouse-Five*. Weide, an Emmy winner for his work on *Curb Your Enthusiasm*, wrote a fan letter to Vonnegut when he was 23, beginning a friendship that lasted until Vonnegut's death in 2007. He proposed the documentary in 1988, and there is footage, audio, interviews and animations, sometimes arranged in a non-linear way. "A very touching and insightful film," said the *Guardian*.
DOCPLAY

Documentary: OBI-WAN KENOBI: A JEDI'S RETURN

Of all the Star Wars spin-off TV series, this one seemed the least promising, but in the end, Ewan McGregor's soulful Obi-Wan and Vivien Lyra Blair's spunky Princess Leia made an awesome team. This special explores the making of the show with the cast and director Deborah Chow.
DISNEY+

TVNZ 1 FREEVIEW 1 SKY 001

6.00 **Breakfast** (**HD**, **C**) Jenny-May Clarkson and Indira Stewart present news, sport, information and weather.
9.00 **Lingo** (G, **HD**, **C**) Adil Ray hosts a UK quiz show.
10.00 **Tipping Point** (G, R, **HD**, **C**) Ben Shephard hosts a UK quiz show.
11.00 **The Chase** (G, R, **HD**, **C**) Bradley Walsh hosts a UK quiz show.
Noon **1 News** (**HD**, **C**)
12.30 **Emmerdale** (PG, **C**, **AD**)
1.00 **Hollyoaks** (PG, **HD**, **C**, **AD**) DeMarcus gets help to escape when it becomes clear that his hiding place is no longer safe, Norma sets a previous acquaintance a task, and Darren shows off his dad skills.
2.00 **Coronation Street** (PG, R, **C**, **AD**)
3.00 **Tipping Point** (G, R, **HD**, **C**) Ben Shephard hosts a UK quiz show.
4.00 **Te Karere** A Māori perspective on the day's news and current affairs.
4.30 **Dog Squad** (PG, R, **HD**, **C**, **AD**) Palmerston North teams are on the job, Customs pooch Yarra sniffs out a doggy delivery, and cash-hunting Flo-Jo flies high at the airport. s11ep7
5.00 **The Chase** (G, **HD**, **C**) Bradley Walsh hosts a UK quiz show.
6.00 **1 News** (**HD**, **C**)
7.00 **Seven Sharp** (**HD**, **C**) Hilary Barry and Jeremy Wells present current affairs and entertainment.
7.30 **The Great Kiwi Bake Off** (PG, **C**, **AD**) Hayley Sproull and Pax Assadi host a baking competition series, with judges Peter Gordon and Jordan Rondel. Tonight, taking a step back in time, the eight remaining bakers take on retro classics. s4ep3
9.00 **Hard Quiz** (M, **HD**, **C**) Tom Gleeson hosts an Australian quiz show. Tonight, contestants' topics are whales, world geography, Life of Pi and Sir Donald Bradman.
9.35 **Coronation Street** (PG, **C**, **AD**)
10.35 **1 News** (**HD**, **C**)
11.05 **Shortland Street** (PG, R, **C**, **AD**) Jack fights back, and Monique gets a rude awakening.
11.35 **For Life** (M, **HD**, **C**) Aaron's journey from terrified novice prisoner to attorney and social crusader unfolds. s1ep10
12.30am ■ **It's Your Fault I'm Fat** (G, R, **HD**, **C**, **AD**)
1.20 **Te Karere** (R)
1.45 **Infomercials**
5.35 – 6.00 **Te Karere** (R)

TVNZ 2 FREEVIEW 2 SKY 002

6.00 **Les Mills Born to Move** (G, R, **HD**, **C**)
6.25 **Kiri and Lou** (G, R, **HD**, **C**, **AD**)
6.30 **Toi Time** (G, R, **HD**, **C**, **AD**)
7.00 **Robin Hood: Mischief in Sherwood** (G, R, **HD**, **C**)
7.25 **Agent Binky: Pets of the Universe** (G, **HD**, **C**)
7.50 **Teen Titans Go!** (G, R, **HD**, **C**)
8.10 **The Adventures of Paddington** (G, R, **HD**, **C**)
8.35 **Sesame Street** (G, R, **HD**, **C**)
9.00 **Bluey** (G, R, **HD**, **C**)
9.05 **Infomercials**
9.35 **Les Mills Core** (G, R, **HD**, **C**)
10.05 **Home and Away** (PG, R, **C**)
10.35 **Shortland Street** (PG, R, **HD**, **C**, **AD**)
11.05 **Charmed** (M, **HD**, **C**)
Noon **Celebrity Treasure Island** (PG, R, **HD**, **C**, **AD**)
1.00 ■ **Selling Houses Australia** (G, R, **HD**, **C**)
2.00 **The Drew Barrymore Show** (G, R, **HD**, **C**)
3.00 **Will & Grace** (PG, R, **C**) s1ep4
3.30 **The Feed** (PG, **HD**, **C**)
5.00 **The Simpsons** (PG, R, **HD**, **C**, **AD**) s31ep12
5.30 **Friends** (G, R, **HD**, **C**) s10ep12
6.00 **The Big Bang Theory** (G, R, **HD**, **C**, **AD**) s7ep6
6.30 **Home and Away** (PG, **C**) Felicity discovers what Cash lost, Nikau enjoys no-strings dating, and Marilyn uncovers an omen.
7.00 **Shortland Street** (PG, **HD**, **C**, **AD**) Jack fights back, and Monique gets a rude awakening.
7.30 **Ten 7: Aotearoa** (PG, **C**) Local series about crime in Aotearoa and the communities and people affected by it.
8.00 ■ **Motorway Patrol** (PG, **HD**, **C**, **AD**) A hitchhiker wanders into motorway lanes, an officer has to read rights in French, and a driver gets banged from behind.
8.30 ■ **Danielle Cormack's Life on the Outside** (M, **HD**, **C**, **AD**) Danielle Cormack presents an Australian series in which four households offer their spare room to a formerly incarcerated person for 100 days.
9.40 **SEAL Team** (M, **HD**, **C**, **AD**) Jason seeks refuge at home while Ray leads Bravo on an op accompanying British forces. s5ep9
10.40 **Ten 7: Aotearoa** (PG, R, **C**)
11.10 **CSI: Crime Scene Investigation** (16, R, **HD**, **C**) s5ep24
12.55am **Extant** (M, **HD**, **C**) s2ep7
1.40 **Emmerdale** (PG, R, **C**, **AD**)
2.05 **Infomercials**
3.00 **The Cube** (G, R, **HD**, **C**)
3.50 **Heroes** (M, R, **HD**, **C**) s3ep5
4.35 **Neighbours** (PG, R, **HD**, **C**)
5.00 – 6.00 **Infomercials**

THREE FREEVIEW 3 SKY 003

6.00 **AM** With Ryan Bridge and Melissa Chan-Green.
9.00 **Infomercials**
10.30 **Gold Rush** (PG, R, **C**)
11.30 **Newshub Live**
Noon **Ready to Love** (M)
1.00 ■ **Snatched from Mommy** (2021, M, **C**) Chelsea Hobbs.
3.00 **Outrageous Acts of Science** (PG, **C**)
4.00 **Bath Crashers** (G, **C**)
4.30 **Newshub Live**
5.00 **Gold Rush** (PG, **C**)
6.00 **Newshub Live**
7.00 **The Project** With Kanoa Lloyd, Jesse Mulligan and Jeremy Corbett.
7.30 **Comedy Month: Urzila Carlson** (M, **C**) Kiwi-South African Urzila Carlson presents a stand-up comedy special.
8.30 **Mean Mums** (M, **C**) Jess and Ryan are running late for school and must navigate walking bus issues, caffeine deficiencies and some casual trespassing to make it on time. s3ep4
9.00 **The Stand Up Sketch Show** (16, **C**) Comedians' routines by are brought to life in sketch form.
9.30 ■ **Inside the Real Narcos** (16, R, **C**) A former special agent delves into the lives of the real narcos in Mexico, Colombia and Peru. s1ep3
10.30 **Newshub Late**
11.00 **NCIS: Los Angeles** (M, R, **C**) s11ep2
12.00am **Infomercials**
5.30 – 6.00 AM Early With Bernadine Oliver-Kerby.

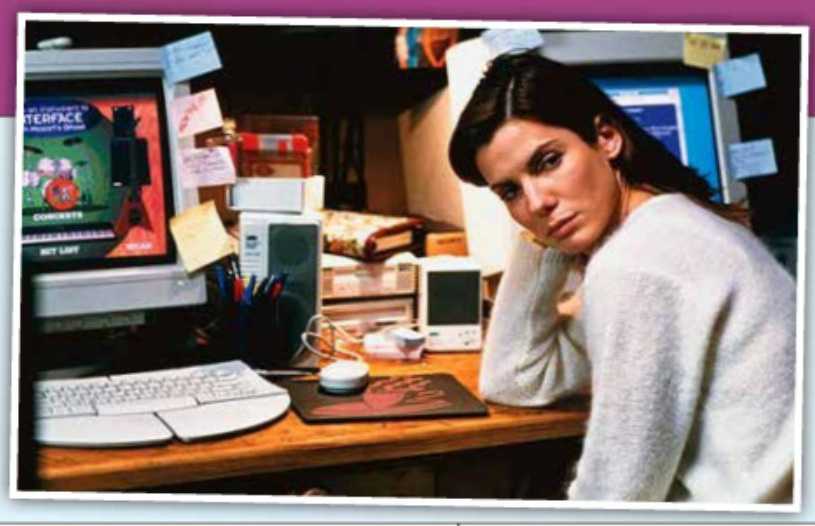
PRIME FREEVIEW 10 SKY 004

6.00 **Infomercials**
8.00 **Kids' Programmes** (**C**)
9.05 **Jeopardy** (G, R)
9.30 **The Neighborhood** (PG, **C**)
10.00 **Dan Brown's The Lost Symbol** (M, R, **C**)
11.00 **NCIS: New Orleans** (M, R, **C**)
Noon **Parenthood** (M)
1.00 **House** (M, **C**)
2.00 **The Late Show with Stephen Colbert** (PG, R)
3.00 **Wheel of Fortune** (G)
3.30 **Jeopardy** (G)
4.00 **American Pickers** (PG, R)
5.00 **Rural Delivery** (G, **C**)
5.30 **Prime News**
6.00 **Storage Wars** (PG, R, **C**)
7.00 **Pawn Stars** (PG, R)
7.30 **The World's Most Expensive Cruise Ship** (PG, R, **C**)
8.30 **FBI: Most Wanted** (M, **C**)
9.30 **Bull** (M, **C**) Marissa's childhood friend is accused of wrongfully terminating an employee.
10.30 **The Crowd Goes Wild** (PG)
11.00 **UFC on Sky** (M)
11.30 **The Late Show with Stephen Colbert** (PG)
12.30am – 6.00 **Infomercials**

■ **NEW** ■ **RETURN** ■ **FINAL** ■ **FILM** **C** Captions **AD** Audio Description **HD** High Definition

WHAKAATA MĀORI FREEVIEW 5 SKY 019

6.30 **Kids' Programmes**
8.30 **Oranga Ngākau** (G, R)
9.30 **Whānau Living** (G, R)
10.00 **Waiata Nation II** (G, R)
10.30 **Toi Te Ora** (G, R)
11.00 **After Hours Tari Take-Over with Stan Walker** (PG, R)
Noon **Te Ao Tapatahi**
12.30 ■ **Mt Zion** (2013, PG, R) Stan Walker.
2.30 **Tōku Reo** (G, R)
3.05 **Kids' Programmes**
5.15 **Haka Life** (G, R)
5.30 **Kids' Programmes**
6.00 **Haka Ngahau ā-Rohe: Te Tai Tokerau** (G, R)
6.30 **Te Ao Mārama**
7.00 **Fresh** (G)
7.30 **Funny Whare** (PG, R)
8.00 **Rags Are Riches** (PG) Randy and Courtney are challenged to rejuvenate worn-out jeans.
8.15 **Gowns and Geysers** (PG) Behind the scenes at Miss Rotorua.
8.30 **Rage Against the Rangatahi** (PG) Rangatahi are asked for their opinions.
9.00 **Black Comedy** (M) Sketch comedy series featuring indigenous performers.
9.30 **Ahikāroa** (M, R) Haki is worried about Alofa.
10.00 **Mura o te Ahi** (PG, R)
10.30 **Colonial Combat** (M, R)
10.45 **The Adventures of Suzy Boon** (PG, R)
11.00 – 11.30 **Te Ao Mārama** (R)



Film: THE NET

Like most cyber-thrillers, complete bollocks in terms of its tech, but the film does carry a cogent privacy warning. In 1995, the thought of our entire lives online was shocking; as *Wired* noted in 2013, "it's basically how Facebook works".
SKY MOVIES CLASSICS, 8.30pm

BRAVO FREEVIEW 4 SKY 012

6.00 **Infomercials**
10.00 **Love It or List It** (PG, R)
10.50 **Stop Search Seize** (PG, R)
11.40 **Killer Siblings** (M, R)
12.30 **Tattoo Fixers** (M, R)
1.30 **Below Deck** (R)
2.30 **Love It or List It** (PG, R)
3.30 **Top Chef** (PG)
4.30 **Shark Tank** (PG, R)
5.30 **A Place in the Sun: Summer Sun** (PG)
6.30 **Stop Search Seize** (PG, R)
7.30 **Tattoo Fixers on Holiday**
8.30 **Below Deck Mediterranean** (M) The Chef and Chief Stew have an icy stand-off, and the guests are disappointed when incoming weather forces the boat back to the marina.
9.30 **A&E After Dark** (M) A 19-year-old has fallen off a bar stool, landing on her little finger.
10.30 **Snapped: Behind Bars** (M, R)
11.30 **#Killerpost** (M, R)
12.20am – 6.00 Infomercials

EDEN FREEVIEW 8 SKY 013

6.00 **My Cat from Hell** (PG, R)
7.00 **The Pioneer Woman** (G)
7.30 **Trisha's Southern Kitchen**
8.00 **Giada in Italy** (G, R)
8.30 **Nigella: At My Table** (G, R)
9.00 **Museum Mysteries** (PG, R)
10.00 **American Pickers** (PG, R)
11.00 **Salvage Dawgs** (G)
11.30 **Flea Market Flip** (G, R)
Noon **Travel Man's Greatest** (PG, R)
1.00 **Where the Wild Men Are** (M, R)
2.00 **Shipping Wars** (PG, R)
2.30 **Border Security Aus** (PG, R)
3.00 **My Cat from Hell** (PG)
4.00 **Bizzare Foods: Delicious Destinations** (PG)
4.30 **Rick Stein's Cornwall** (PG)
5.05 **Museum Mysteries** (PG)
6.05 **American Pickers** (PG)
7.00 **Aussie Lobster Men** (PG)
8.00 **Newshub Live**
8.30 **Bite Club** (PG)
9.25 **Mediterranean with Simon Reeve** (G)
10.30 **Aussie Lobster Men** (PG, R)
11.30 **Flea Market Flip** (G)
12.00am – 6.00 Infomercials

RUSH FREEVIEW 14 SKY 024

6.00 **Alaskan Bush People** (PG, R)
6.50 **Tanked** (PG, R)
7.40 **Wheeler Dealers** (PG, R)
8.30 **Building Off the Grid: Alaskan Glacier** (PG, R)
9.20 **Building Alaska** (G, R)
10.10 **Homestead Rescue** (PG, R)
11.00 **Alaskan Bush People** (PG, R)
11.50 **Tanked** (PG, R)
12.40 **Treasure Quest: Snake Island** (PG, R)
1.30 **Bering Sea Gold** (M, R)
2.20 **Gem Hunt** (PG, R)
3.10 **Wheeler Dealers** (PG, R)
4.00 **Building Off the Grid: Alaskan Glacier** (PG, R)
4.50 **Alaskan Bush People** (PG, R)
5.40 **Tanked** (PG)
6.35 **Wheeler Dealers** (PG)
7.30 **Inside West Coast Customs** (PG) Ryan takes on a big job for Mitsubishi.
8.25 **Kindig Customs** (PG)
9.20 **Street Outlaws: No Prep Kings** (M)
10.15 **Alaskan Bush People** (PG)
11.10 **Tanked** (PG, R)
12.00am Programmes continue

TVNZ DUKE FREEVIEW 6 SKY 023

6.00 **On Duke Today**
11.00 **DUKEbox Music**
11.45 **Two and a Half Men** (M, R, **HD**, **C**) s11ep17
12.10 **Everybody Hates Chris** (PG, R, **HD**, **C**)
12.30 **River Monsters** (PG, R, **HD**, **C**)
1.25 **Star Trek Discovery** (M, **HD**, **C**) s2ep4
2.20 **Hunting Aotearoa** (PG, R, **HD**) s12ep6
2.45 **Heavy Rescue 401** (G, R, **HD**)
3.40 **The Chase Aus** (G, **HD**, **C**)
4.30 **ABC World News** (PG)
4.55 **Abandoned Engineering** (PG, R, **HD**, **C**)
5.45 **30 Rock** (PG, R, **HD**, **C**)
6.35 **Two and a Half Men** (PG, R, **HD**, **C**) s11ep18
7.05 **Everybody Hates Chris** (PG, R, **HD**, **C**)
7.30 **The Simpsons** (PG, R, **HD**, **C**)
8.30 **Outback Car Hunters** (M, **HD**, **C**) s1ep2
9.25 **Secrets of the Supercars** (M, **HD**, **C**) The Koenigsegg Regera. s1ep3
10.20 **NZ Hunter Adventures** (PG, R, **HD**, **C**) s8ep2
11.15 **The Russell Howard Hour** (16, R, **HD**)
12.05am – 12.30 ABC World News (PG, R)

SKY PREMIERE SKY 030

7.15 **Six Minutes to Midnight** (2021, M) Eddie Izzard
8.53 **French Exit** (2021, M) Michelle Pfeiffer
10.43 **All That We Destroy** (2018, 16) Samantha Mathis
12.08 **Voyagers** (2020, 16) Tye Sheridan, Colin Farrell
1.55 **The Devil Has a Name** (2021, 16) Kate Bosworth
3.30 **Locked Down** (2021, M) Anne Hathaway
5.25 **Great White** (2020, 16) Katrina Bowden
6.55 **Juniper** (2021, M) A self-destructive teen is asked to look after his feisty alcoholic grandmother. Charlotte Rampling, George Ferrier
8.30 **Dune** (2021, M) The son of a noble house is thrust into a war for a desert planet that is the only source of a valuable substance. Timothee Chalamet
11.05 **Escape Room: Tournament of Champions** (2021, M) Taylor Russell, Logan Miller
12.45am The Forever Purge (2021, 16) **2.30** Spiral: From the Book of Saw (2021, 18) **4.05** Lake Placid: Legacy (2018, 16) **5.40** The Body (2018, 16)

MOVIES CLASSICS SKY 034

6.40 **Anzio** (1968, PG) Robert Mitchum, Peter Falk
8.35 **Buck and the Preacher** (1972, M) Sidney Poitier
10.15 **Othello** (1951, G) Orson Welles, Micheál Mac Liammóir
11.45 **Kings Go Forth** (1958, PG) Frank Sinatra, Tony Curtis
1.35 **Halloween III: Season of the Witch** (1982, 16) Tom Atkins, Stacey Nelkin
3.10 **The Dead** (1987, PG) Anjelica Huston, Donal McCann
4.33 **The Doors** (1991, 16) Val Kilmer, Meg Ryan
6.50 **The Basketball Diaries** (1995, 16) Leonardo DiCaprio
8.30 **The Net** (1995, M) A reclusive software engineer takes her first holiday in years and becomes embroiled in a web of computer espionage. Sandra Bullock, Jeremy Northam
10.25 **Halloween II** (1981, 18) Lee Curtis, Donald Pleasence
11.55 **Hamburger Hill** (1987, M) Don Cheadle
1.45am Comanche Station (1960, M) **3.00** A Night in Casablanca (1946, G) **4.25** Castle Keep (1969, M)

RIALTO SKY 039

6.35 **Broken Law** (2020, 16) Tristan Heanue
8.05 **Balloon** (2018, M) David Kross
10.10 **Catwalk: From Glada Hudik to New York** (2020, M) Swedish documentary.
11.50 **Never Too Late** (2020, M) James Cromwell
1.30 **Blue Lake** (2021, M) Chris Parker
1.45 **Revolt She Said** (2021, 16) NZ documentary.
3.10 **Golden Arm** (2020, M) Mary Holland
4.45 **The Painter and the Thief** (2020, M) Norwegian documentary.
6.30 **Swan Song** (2021, M) Udo Kier, Jennifer Coolidge
8.15 **Sixteen** (2021, M) Ha Jin Park, Sua Cho
8.30 **Rialto Documentary: Ailey** (2021, M) US documentary about groundbreaking African American dancer Alvin Ailey.
10.05 **Persian Lessons** (2020, M) Nahuel Perez Biscayart
12.10am Machine (2019, M) **1.35** I Miss You (2019, 16) **3.30** Golden Arm (2020, M) **5.05** The Painter and the Thief (2020, M)

SKY CHANNELS

Vibe SKY 006

6.00 Parenthood (M) s5ep21 **6.50** Judge Judy (PG) **7.15** The Closer (M) s5ep14 **8.05** The Mysteries of Laura (M) s2ep13 **8.50** The Good Wife (M) s2ep9 **9.40** Covert Affairs (M) s3ep5 **10.30** Judge Judy (PG) **11.10** Julia (M) s1ep5 **12.10** Our Girl (16) s2ep3 **1.10** Frayed (M) s2ep1 **2.00** The Closer (M) s5ep14 **2.50** The Mysteries of Laura (M) s2ep13 **3.40** The Good Wife (M) s2ep9 **4.30** Judge Judy (PG) **5.30** Parenthood (M) s5ep21 **6.30** Covert Affairs (M) s3ep5 **7.30** Murdoch Mysteries (M) s14ep11 **8.30** Why Didn't They Ask Evans? (M) Bobby and Frankie shift their suspicions to the menacing figure of Dr James Nicholson. s1ep3 **9.30** Big Little Lies (16) s1ep1 **10.30** The Good Wife (M) s2ep9 **11.20** Judge Judy (PG) **11.50** Murdoch Mysteries (M) s14ep11 **12.50am** Programmes continue

BBC UKTV SKY 007

6.00 Would I Lie to You? (PG) **6.30** QI (M) **7.00** EastEnders (PG) **7.30** The Bill (M) **8.20** A Touch of Frost (M) s3ep1 **10.10** Father Brown (M) s3ep14 **10.55** Doc Martin (M) s3ep7 **11.45** Midsomer Murders (M) s4ep3 **1.30** The Bill (M) **2.20** New Tricks (M) s9ep3 **3.25** 8 Out of 10 Cats Does Countdown (M) **4.20** The Graham Norton Show (M) s25ep10 **5.15** Who Do You Think You Are? (PG) **6.20** QI (PG) **6.55** EastEnders (PG) **7.25** QI (M) **8.00** Richard Osman's House of Games (PG) s1ep4 **8.35** The Graham Norton Show (M) With Will Smith, Richard Osman, Lin-Manuel Miranda and Yola. s29ep9 **9.30** The Jonathan Ross Show (M) s18ep3 **10.25** Father Brown (PG) s9ep10 **11.15** Midsomer Murders (M) s4ep3 **1.10am** Programmes continue

SoHo SKY 010

6.00 Insecure (16) s4ep7 **6.30** House of the Dragon (18) s1ep3 **7.50** The Great (M) s1ep4 **8.40** The Rising (16) s1ep8 **9.30** The Invisible Pilot (16) s1ep3 **10.30** Real Time with Bill Maher (M) s20ep25 **11.30** Insecure (16) s4ep7 **Noon** House of the Dragon (18) s1ep3 **1.00** The Great (M) s1ep4 **1.50** The Rising (16) s1ep8 **2.40** The Invisible Pilot (16) s1ep3 **3.40** What We Do in the Shadows (16) s4ep3 **4.10** Mr Inbetween (16) s2ep10 **4.40** Watchmen (18) s1ep8 **5.45** A Million Little Things (M) s2ep4 **6.30** Industry (16) s2ep1 **7.30** Dave (16) s1ep5 **7.55** The Rehearsal (16) s1ep5 **8.30** Rap Sh!t (16) s1ep7 **9.05** Insecure (16) s5ep9 **9.35** McMillion$ (M) Documentary about a security auditor who rigged the McDonald's Monopoly game. s1ep1 **10.30** A Million Little Things (M) s4ep2 **11.30** Westworld (18) s3ep2 **12.30am** Programmes continue

Living SKY 017

6.15 Salvage Hunters (PG) **7.10** The Pioneer Woman (PG) **7.35** Girl Meets Farm (PG) **8.05** House Hunters (PG) **9.00** Gardening Australia (PG) **10.00** The Great Garden Revolution (PG) **11.00** A Place in the Sun: Winter Sun (PG) **11.55** Love It or List It Australia **12.50** Charles: 50 Years a Prince (PG) **1.50** Salvage Hunters (PG) **2.45** House Hunters (PG) **3.45** The Pioneer Woman (PG) **4.15** Girl Meets Farm (PG) **4.45** The Great Garden Revolution (PG) **5.40** Location Location Location (PG) **6.35** Love It or List It Australia **7.30** A Place in the Sun: Winter Sun (PG) **8.30** Undercover Chef (PG) **9.30** The Flay List (PG) **10.30** Location Location Location Australia (PG) **11.25** House Hunters (PG) **12.15am** Programmes continue

Investigation Discovery SKY 018

6.05 Six Degrees of Murder (M) **6.55** People Magazine Investigates (M) **7.45** Unseamly: The Investigation of Peter Nygård (M) **9.25** Nightmare Next Door (M) **10.20** Dead of Night (M) **11.15** The Perfect Murder (M) **12.10** Six Degrees of Murder (M) **1.05** Married with Secrets (M) **2.00** I'd Kill for You (M) **2.55** Deadly Affairs (M) **3.50** Blood Relatives (M) **4.45** Six Degrees of Murder (M) **5.40** Who Killed the Lyon Sisters? (M) **7.30** Evil Lives Here (M) **8.30** Crimes Gone Viral (M) **9.30** Body Cam (M) **10.30** The Perfect Murder (M) **11.25** Nightmare Next Door (M) **12.15am** Programmes continue

Sky Arts SKY 020

6.30 Andris Nelsons Conducts Tchaikovsky and Weinberg **8.00** Florez in Florence **9.45** Classical Destinations with Simon Callow **10.15** Le Concert De Paris 2020 **Noon** RCO: Sir John Eliot Gardiner Conducts Brahms **1.30** Mozart Week 2021: Chamber Music **2.30** Andris Nelsons Conducts Tchaikovsky and Weinberg **4.00** Talking Heads: Alan Bennett Monologues **4.35** Dismantling Democracy **5.30** Classic Literature and Cinema **6.15** ■ Nocturne (2020, G) **7.45** The Timeless Louvre **8.30** Video Killed the Radio Star: Snow Patrol **9.00** Beat the Drum for Music **9.30** Finding Your Roots **10.30** WWII and Cinema **11.15** The Decisive Moment **11.30** In the Making **12.00am** Programmes continue

Discovery SKY 070

6.05 How It's Made (PG) **6.30** How Do They Do It? (PG) **6.55** Blowing Up History (PG) **7.45** Maine Cabin Masters (PG) **8.35** Mega Shippers (M) **9.25** Fast N' Loud (PG) **10.20** Heavy Tow Truckers Down Under (PG) **11.15** Aussie Salvage Squad (PG) **12.10** How Do They Do It? (PG) **12.35** How It's Made (PG) **1.05** The Alaska Triangle (PG) **2.00** Naked and Afraid (M) **2.55** Bering Sea Gold (M) **3.50** Gold Rush (M) **4.45** Alaska: The Last Frontier (M) **5.40** Aussie Mega Mechanics (PG) **6.35** Aussie Gold Hunters (PG) **8.30** Gold Rush: White Water (M) **9.30** Gold Rush: Dave Turin's Lost Mine (PG) **10.30** Alaskan Bush People (M) **11.25** Naked and Afraid (M) **12.15am** Programmes continue

National Geographic SKY 072

6.00 Food Factory (PG) **6.30** Last of the Giants: Wild Fish (PG) **7.30** Seconds from Disaster (M) **8.30** Air Crash Investigation: Special Report (M) **9.30** Narco Wars: Chasing the Dragon (16) **10.30** César Millan: Better Human, Better Dog (PG) **11.30** Food Factory (PG) **12.30** Air Crash Investigation (M) **1.30** Mega Factories **2.30** César Millan: Better Human, Better Dog (PG) **3.30** Aussie Snake Wranglers (PG) **4.30** Food Factory (PG) **5.30** Do or Die (PG) **6.30** Air Crash Investigation: Special Report (M) **7.30** Narco Wars: Chasing the Dragon (16) **8.30** Drain the Oceans Best ofs (PG) **9.30** Lost Treasures of Rome (PG) **10.30** Wicked Tuna (PG) **11.30** Food Factory (PG) **12.30am** Programmes continue

History SKY 073

6.30 Nefertiti: The Lonely Queen (PG) **7.30** Titanic: Stories from the Deep (PG) **8.30** Time Team **9.30** Britain's Most Historic Towns (PG) **10.25** Time Team **11.25** The Abyss: The Rise & Fall of the Nazis (16) **12.35** Abandoned Engineering (PG) **1.30** The Panzer (PG) **2.35** Scorched Earth (PG) **3.35** Tanks **4.35** Line of Fire (PG) **5.35** Britain's Most Historic Towns (PG) **6.30** Time Team **7.30** Abandoned Engineering (PG) **8.30** Ancient Apocalypse (PG) **9.30** Pyramids: Solving the Mystery **10.30** World's Greatest Ships (PG) **11.30** Hitler's Most Wanted (M) **12.30am** Programmes continue

BBC Earth SKY 074

6.00 Sacred Wonders (PG) **7.00** Life Below Zero (M) **7.50** Where the Wild Men Are (PG) **8.40** Strangest Things (PG) **9.30** Trust Me, I'm a Doctor (PG) **10.25** The Dog Rescuers (PG) **11.10** 24 Hours in A&E (PG) **Noon** Attenborough's Natural Curiosities (PG) **12.25** Nature's Great Events (PG) **1.20** Strangest Things (PG) **2.10** Sacred Wonders (PG) **3.10** Operation Arctic with Simon Reeve (PG) **4.10** Trust Me, I'm a Doctor (PG) **5.05** Life Below Zero (M) **5.55** Where the Wild Men Are (PG) **6.50** The Dog Rescuers with Alan Davies (PG) **7.40** 24 Hours in A&E (M) **8.30** The Dog Rescuers with Alan Davies (PG) **9.20** Frozen Planet (PG) **10.15** Nature's Great Events (PG) **11.15** Operation Arctic with Simon Reeve (PG) **12.15am** Programmes continue

Living: Charles: 50 Years a Prince, 12.50pm

SKY SPORT

Sky Sport 1 SKY 051

6.00 The Ditch **6.30** Once a Warrior with Monty Betham **7.00** Australia v Black Caps, 1st ODI **7.30** NPC, Tasman v Welllington **7.45** Between Two Posts **8.30** Farah Palmer Cup, semi-finals **12.30** NPC, Tasman v Welllington **2.30** The Ditch **3.00** Rugby Championship, All Blacks v Argentina **3.15** Australia v Black Caps, 1st ODI **3.40** Chappell-Hadlee Series, Australia v Black Caps, 2nd ODI, **live** **12.20am** CPL, Barbados v Trinbago **1.00** NPC, Tasman v Welllington **1.20** Vuelta a España, stage 17 **1.50** Vuelta a España, stage 18, **live** **4.00** NPC, Taranaki v Waikato

Sky Sport 2 SKY 052

6.00 Australia v Black Caps, 1st ODI **6.30** Matty Johns Face to Face **7.00** The Ditch **7.30** Nascar, Cook Out Southern 500 **8.30** Rugby Championship, All Blacks v Argentina **9.00** ATP Uncovered **9.30** Once a Warrior **10.00** Sky Speed **10.30** NPC, Tasman v Welllington **12.30** Farah Palmer Cup, semi-final 2 **2.30** Rugby Championship, Australia v South Africa **4.30** NPC, Canterbury v North Harbour **4.45** NPC, Otago v Bay of Plenty **5.00** NPC, North Harbour v Counties Manukau **5.15** NPC, Tasman v Welllington **5.30** Aotearoa Rugby Pod **6.00** Sky Speed **6.30** UFC on Sky **7.00** Mainfreight Rugby **8.00** Inside Netball **8.30** The Crowd Goes Wild **9.00** NPC, Taranaki v Waikato **9.15** NPC, Northland v Auckland **9.30** NPC, Canterbury v North Harbour **9.45** NPC, Otago v Bay of Plenty **10.00** NPC, North Harbour v Counties Manukau **10.15** NPC, Tasman v Welllington **10.30** UFC on Sky **11.00** Inside Netball **11.30** Rugby Championship, All Blacks v Argentina **11.45** Rugby Championship, Australia v South Africa **12.00am** Inside Netball **12.30** The Crowd Goes Wild **1.00** Aotearoa Rugby Pod **1.30** Sky Speed **2.00** UFC on Sky **2.30** Vuelta a España, stage 17 **3.00** CPL, Barbados v Trinbago **3.30** CPL, Jamaica v St Lucia **4.00** Mainfreight Rugby **5.00** NRL Try Time

Sky Sport 3 SKY 053

6.00 Women's CPL, Barbados v Guyana **6.30** Women's CPL, final, replay **10.00** Australia v Black Caps, 1st ODI **10.30** CPL, Jamaica v St Lucia, **live** **2.45** CPL, St Kitts & Nevis v Guyana **3.15** NPC, Tasman v Welllington, **3.30** Matty Johns: Face to Face **4.00** ATP Uncovered **4.30** Rugby Championship, All Blacks v Argentina; 5.00 Australia v South Africa **5.30** The Back Page **6.30** NRL, Dragons v Broncos **7.00** NRL, Cowboys v Panthers **7.30** UFC on Sky **8.00** NRL, Knights v Sharks **8.30** NRL, Tigers v Raiders **9.00** The Ditch **9.30** Inside Netball **10.00** Rugby Championship, Australia v South Africa **12.00am** Mainfreight Rugby **1.00** CPL, Jamaica v St Lucia **1.30** CPL, Guyana v St Kitts & Nevis, **live** **5.45** Chappell-Hadlee Series, Australia v Black Caps 2nd ODI

TVNZ 1 FREEVIEW 1 SKY 001

6.00 **Breakfast** (**HD**, **C**) Jenny-May Clarkson and Indira Stewart present news, sport, information and weather.
9.00 **Lingo** (G, **HD**, **C**) Adil Ray hosts a UK quiz show.
10.00 **Tipping Point** (G, R, **HD**, **C**) Ben Shephard hosts a UK quiz show.
11.00 **The Chase** (G, R, **HD**, **C**) Bradley Walsh hosts a UK quiz show.
Noon **1 News** (**HD**, **C**)
12.30 **Emmerdale** (PG, **C**, **AD**)
1.00 **Hollyoaks** (PG, **HD**, **C**, **AD**) A villager faces a moral dilemma as the search for DeMarcus comes to a dangerous close, and after almost losing Luke's ashes, Cindy considers spreading them in a memorable location.
2.00 **Coronation Street** (PG, R, **C**, **AD**)
3.00 **Tipping Point** (G, R, **HD**, **C**) Ben Shephard hosts a UK quiz show.
4.00 **Te Karere** A Māori perspective on the day's news and current affairs.
4.30 **Dog Squad** (PG, R, **HD**, **C**, **AD**) Delta unit Kieran and Vader chase after a fleeing driver in Hamilton.
5.00 **The Chase** (G, R, **HD**, **C**) Bradley Walsh hosts a UK quiz show.
6.00 **1 News** (**HD**, **C**)
7.00 **Seven Sharp** (**HD**, **C**) Hilary Barry and Jeremy Wells present current affairs and entertainment.
7.30 **The Repair Shop** (G, **HD**, **C**, **AD**) UK series in which expert craftspeople restore treasured items.
8.30 **The Dog House** (PG, **HD**, **C**, **AD**) UK series matching dogs with new owners. Tonight, the meeting pen can hardly contain Rolo the playful staffie pup, shy Jack Russell Roxy meets 85-year-old Pim, and chihuahuas Bear and Dave prove two little dogs are better than one. s3ep3
9.30 **The World's Most Extraordinary Homes** (PG, **HD**, **C**, **AD**) Piers Taylor and Caroline Quentin travel to Norway to see a charming family cottage, a summer house built around a rock, a daring concrete home, and a rugged retreat.
10.45 **1 News** (**HD**, **C**)
11.15 **Shortland Street** (PG, R, **C**, **AD**)
11.50 **The Great British Sewing Bee** (G, R, **HD**, **C**, **AD**) s6ep3
1.00am **Schitt's Creek** (M, R, **HD**, **C**, **AD**) s5ep3
1.50 **Te Karere** (R)
2.25 **Infomercials**
5.30 – 6.00 **Religious Programming**

TVNZ 2 FREEVIEW 2 SKY 002

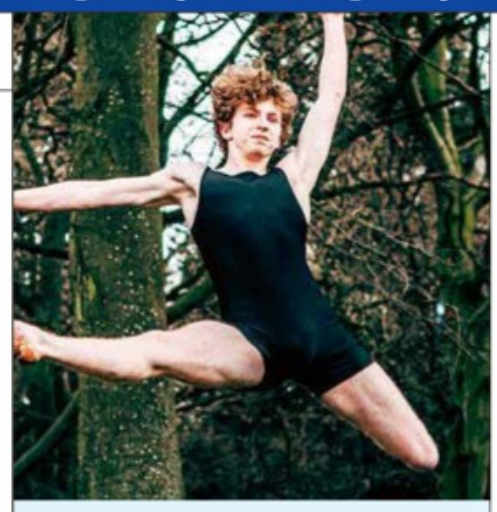
6.00 **Les Mills Born to Move** (G, R, **HD**, **C**)
6.30 **Toi Time** (G, R, **HD**, **C**, **AD**)
7.00 **Robin Hood: Mischief in Sherwood** (G, R, **HD**, **C**)
7.25 **Agent Binky: Pets of the Universe** (G, **HD**, **C**)
7.50 **Teen Titans Go!** (G, R, **HD**, **C**)
8.10 **The Adventures of Paddington** (G, R, **HD**, **C**)
8.30 **Sesame Street** (G, R, **HD**, **C**)
8.55 **Bluey** (G, R, **HD**, **C**)
9.05 **Infomercials**
9.35 **Les Mills Grit Cardio** (G, R, **HD**, **C**)
10.05 **Home and Away** (PG, R, **C**)
10.35 **Shortland Street** (PG, R, **HD**, **C**, **AD**)
11.05 **Charmed** (M, **HD**, **C**)
Noon **First Dates** (M, **HD**, **C**) s6ep7
1.00 **Selling Houses Australia** (G, R, **HD**, **C**)
2.05 **The Drew Barrymore Show** (PG, R, **HD**, **C**)
3.00 **Will & Grace** (G, R, **C**) s1ep5
3.30 **The Feed** (PG, **HD**, **C**)
5.00 **The Simpsons** (G, R, **HD**, **C**, **AD**) s31ep13
5.30 **Friends** (G, R, **HD**, **C**) s10ep13
6.00 **The Big Bang Theory** (PG, R, **HD**, **C**, **AD**) s7ep7
6.30 **Home and Away** (PG, **C**) Cash cuts off the past, Rose can't stay in Summer Bay, and Marilyn and Roo agree to disagree.
7.00 **Shortland Street** (PG, **HD**, **C**, **AD**) TK is hoisted by his own petard, Marty looks for comfort in all the wrong places, and Jack is called out.
7.30 **Travel Guides Australia** (G, R, **HD**, **C**, **AD**) The travel guides visit Hanoi, where they live like locals, navigating busy streets, sampling cuisine, shopping and joining a motorbike tour.
8.30 **Have You Been Paying Attention?** (M, **C**) Hayley Sproull presents a topical comedy panel show.
9.35 **RuPaul's Drag Race Down Under** (16, **HD**, **C**, **AD**) The queens must to sell themselves in an advertisement that showcases the main tourist attractions of their home towns. s2ep6
10.45 **Ready to Mingle** (M, **HD**, **C**) Louis H decides on a risky new strategy, and Drew and Casey continue to compete for Sophia's affections. s1ep6
11.45 **Alex Rider** (M, **HD**, **C**) Alex must infiltrate a prestigious event if he's to learn more about the video game. s2ep4
12.35am **Evil** (16, **HD**, **C**) s2ep4
1.20 **Emmerdale** (PG, R, **C**, **AD**)
1.45 **Infomercials**
2.45 **Unreal** (16, **HD**, **C**) s3ep9
4.15 **The Bachelorette** (PG, R, **HD**, **C**) s16ep10
5.40 – 6.00 **2 Tunes**

THREE FREEVIEW 3 SKY 003

6.00 **AM** With Ryan Bridge and Melissa Chan-Green.
9.00 **Infomercials**
10.30 **Gold Rush** (PG, R, **C**)
11.30 **Newshub Live**
Noon **Ready to Love** (M, **C**)
1.00 ■ **The Wrong Daughter** (2018, M, R, **C**) Sydney Sweeney, Cindy Busby.
3.00 **Outrageous Acts of Science** (PG, **C**) Internet legends with epic skills, including the world's most incredible skin and the world's first tattooing toes.
4.00 **Bath Crashers** (G, **C**)
4.30 **Newshub Live**
5.00 **Gold Rush** (PG)
6.00 **Newshub Live**
7.00 **The Project** With Kanoa Lloyd, Jesse Mulligan and Jeremy Corbett.
7.30 ■ **Mission: Impossible – Ghost Protocol** (2011, M, R, **C**) The IMF is shut down when it's implicated in the bombing of the Kremlin, and Agent Ethan Hunt and his new team go rogue to clear their name. Tom Cruise, Jeremy Renner, Simon Pegg.
TV Films, page 69
10.05 **Newshub Late**
10.35 **Expedition: Back to the Future** (PG, **C**) Josh Gates and Christopher Lloyd go in search of the DeLorean Time Machine from the Back to the Future trilogy.
11.30 **Comedy Month: Urzila Carlson** (M, R, **C**) Kiwi-South African Urzila Carlson presents a comedy special.
12.30am – 6.00 **Infomercials**

PRIME FREEVIEW 10 SKY 004

6.00 **Infomercials**
8.00 **Kids' Programmes** (**C**)
9.05 **Jeopardy** (G, R)
9.30 **The Neighborhood** (PG, **C**)
10.00 **Dan Brown's The Lost Symbol** (M, R, **C**)
11.00 **NCIS: New Orleans** (M, R, **C**)
Noon **Parenthood** (M)
1.00 **1st XV Rugby Live** National Championship, semi-final 1, live.
2.35 **1st XV Rugby Live** National Championship, semi-final 2, live.
4.25 **Judge Judy** (PG)
5.00 **Attitude** (G, **C**)
5.30 **Prime News**
6.00 **Storage Wars** (PG, R, **C**)
7.00 **National Provincial Championship Live** Waikato v Auckland, live from FMG Stadium Waikato, Hamilton.
9.00 **Border Security: Australia's Front Line** (PG, R, **C**)
9.30 **RAW** (PG)
10.30 **The Late Show with Stephen Colbert** (PG)
11.30 – 12.05am ■ **How to Make It in America** (M, **C**)
12.30 – 6.00 **Infomercials**



Documentary: THE BOY WHO COULDN'T STOP DANCING

Tom Oakley is a working-class boy from Liverpool who just wants to dance. Yes, it sounds like *Billy Elliot*; no, it's really not. Tom's family are with him all the way, but his real battle is with cystic fibrosis, a condition that affects his lungs and digestive system and is shortening his life. Dance has kept him physically fit, however, and mentally and emotionally strong, even as he forces down between 75 and 100 pills a day. Cameras follow as he prepares to audition for the prestigious Rambert School of Ballet and Contemporary Dance in London. "Gently devastating," said the *Guardian*.

SKY ARTS, 8.00pm

Drama: WAKEFIELD

"There's a fine line between sanity and madness" is the tagline for this Australian series set in a private psychiatric facility, but it's not the patients, it's nurse Nik Katira (Rudi Dharmalingam) who is struggling with that line. It received stunningly good reviews; "superbly made and utterly riveting", said one Aussie commentator.

NEON

■ **NEW** ■ **RETURN** ■ **FINAL** ■ **FILM** **C** Captions **AD** Audio Description **HD** High Definition

WHAKAATA MĀORI FREEVIEW 5 SKY 019

6.30 **Kids' Programmes**
8.00 **Tribe** (G, R)
8.30 **Oranga Ngākau** (G, R)
9.30 **Whānau Living** (G, R)
10.00 **Lucky Dip** (G, R)
10.30 **Harakore** (G, R)
11.00 **Rage Against the Rangatahi** (PG, R)
11.30 **Rags Are Riches** (PG, R)
11.45 **Gowns and Geysers** (PG, R)
Noon **Te Ao Tapatahi**
12.30 **Only in Aotearoa** (PG, R)
1.00 **Nanakia** (PG, R)
1.30 **Tōku Reo** (G, R)
2.30 **Ako** (G, R)
3.05 **Kids' Programmes**
4.35 **Tribe** (G, R)
5.15 **Haka Life** (G, R)
5.30 **Kids' Programmes**
6.00 **Haka Ngahau ā-Rohe: Te Tai Tokerau** (G, R) Te Tai Tokerau, from Whangārei.
6.30 **Te Ao Mārama**
7.00 **Pio Terei Tonight** (G, R) Pio Terei and Nix Adams meet Turia Schmidt-Peke, Haami and Pere Wihongi.
8.00 **Moosemeat and Marmalade** (G, R) Two very different chefs explore contrasting cultures and traditions.
8.30 **Intrepid Journeys** (PG, R) Tamati Coffey is in Oman.
9.30 **Moko** (G, R) Documentary series about the new generation of moko artists.
10.00 **The New Zealanders** (G, R)
11.00 – 11.30 **Te Ao Mārama** (R)

Film: DR BIRD'S ADVICE FOR SAD POETS

This coming-of-age comedy about teenager James Whitman piles on the stylistic quirks (therapist pigeon Dr Bird is voiced by Tom Wilkinson) while treating its lead character's apparent anxiety and depression as character eccentricities.
RIALTO, 8.30pm

BRAVO FREEVIEW 4 SKY 012

6.00 **Infomercials**
10.00 **Love It or List It** (PG, R)
10.50 **Stop Search Seize** (PG, R)
11.40 **Snapped: Behind Bars** (M, R)
12.30 **Tattoo Fixers** (M, R)
1.30 **Below Deck** (R)
2.30 **Love It or List It** (PG, R)
3.30 **Top Chef** (PG)
4.30 **Shark Tank** (PG, R)
5.30 **A Place in the Sun: Summer Sun** (PG)
6.30 **Stop Search Seize** (PG, R)
7.30 ■ **Four Weddings and a Funeral** (1994, M, R, **C**) A group of friends fall in and out of love over a series of social events. Hugh Grant, Andie MacDowell, John Hannah, Kristin Scott Thomas.
9.55 **An Unexpected Killer** (16, R) A scientist and family man was found beaten to death.
10.50 **Snapped: Behind Bars** (M, R)
11.40 **#Killerpost** (M, R)
12.30am – 6.00 Infomercials

EDEN FREEVIEW 8 SKY 013

6.00 **My Cat from Hell** (PG, R)
7.00 **The Pioneer Woman** (G)
7.30 **Trisha's Southern Kitchen**
8.00 **Bizzare Foods: Delicious Destinations** (PG, R)
8.30 **Rick Stein's Cornwall** (PG, R)
9.05 **Museum Mysteries** (PG, R)
10.00 **American Pickers** (PG, R)
11.00 **Salvage Dawgs** (G)
11.30 **Flea Market Flip** (G, R)
Noon **Mediterranean with Simon Reeve** (G, R)
1.00 **Bite Club** (PG, R)
2.00 **Aussie Lobster Men** (PG, R)
3.00 **My Cat from Hell** (PG)
4.00 **Jamie & Jimmy's Food Fight Club** (PG)
5.00 **Museum Mysteries** (PG)
6.00 **American Pickers** (PG)
7.00 **The Chase USA** (PG)
8.00 **Newshub Live**
8.30 **Strictly Come Dancing** (G) In the semi-final, the five remaining couples perform two routines.
10.30 **The Chase USA** (PG, R)
11.30 **Flea Market Flip** (G)
12.00am – 6.00 Infomercials

RUSH FREEVIEW 14 SKY 024

6.00 **Alaskan Bush People** (PG, R)
6.50 **Tanked** (PG, R)
7.40 **Wheeler Dealers** (PG, R)
8.30 **Inside West Coast Customs** (PG, R)
9.20 **Kindig Customs** (PG, R)
10.10 **Street Outlaws: No Prep Kings** (M, R)
11.00 **Alaskan Bush People** (PG, R)
11.50 **Tanked** (PG, R)
12.40 **Turbo Pickers** (PG, R)
1.30 **Iron Resurrection** (PG, R)
2.20 **Texas Metal** (PG, R)
3.10 **Wheeler Dealers** (PG, R)
4.00 **Inside West Coast Customs** (PG, R)
4.50 **Alaskan Bush People** (PG, R
5.45 **Tanked** (PG)
6.35 **Wheeler Dealers** (PG)
7.30 **Expedition Mungo** (PG)
8.25 **Expedition Unknown** (PG) In the Philippines, Josh hunts for Yamashita's Gold.
9.20 **NASA's Unexplained Files** (PG)
10.15 **Alaskan Bush People** (PG)
11.10 **Tanked** (PG, R)
12.00am Programmes continue

TVNZ DUKE FREEVIEW 6 SKY 023

6.00 **On Duke Today**
11.00 **DUKEbox Music**
11.45 **Two and a Half Men** (PG, R, **HD**, **C**) s11ep18
12.05 **Everybody Hates Chris** (PG, R, **HD**, **C**)
12.30 **River Monsters** (PG, R, **HD**, **C**)
1.25 **Star Trek Discovery** (M, **HD**, **C**) s2ep5
2.20 **Hunting Aotearoa** (PG, R, **HD**) s12ep7
2.45 **Heavy Rescue 401** (G, R, **HD**)
3.35 **The Chase Australia** (G, **HD**, **C**)
4.25 **ABC World News** (PG)
4.50 **Abandoned Engineering** (G, R, **HD**, **C**)
5.40 **30 Rock** (PG, R, **HD**, **C**) s6ep3
6.30 **Two and a Half Men** (PG, R, **HD**, **C**) s11ep19
7.00 **Everybody Hates Chris** (PG, R, **HD**, **C**)
7.30 **King in the Ring Live** (**HD**, **C**) NZ v Australia Super Heavyweights, live from Eventfinda Stadium, Auckland.
11.30 **Mr Robot** (16, **HD**) s4ep11
1.20am – 1.40 ABC World News (PG, R)

SKY PREMIERE SKY 030

7.05 **Fatale** (2020, 16) Hilary Swank, Michael Ealy
8.45 **Those Who Wish Me Dead** (2021, 16) Angelina Jolie, Finn Little
10.25 **Venom: Let There Be Carnage** (2021, M) Tom Hardy, Woody Harrelson
Noon **Dear Evan Hansen** (2021, M) Ben Platt, Kaitlyn Dever
2.25 **Wrath of Man** (2021, 16) Jason Statham, Holt McCallany
4.25 **Nobody** (2021, 16) Bob Odenkirk, Connie Nielsen
6.00 **Wonder Woman 1984** (2020, M) In the 1980s, Diana Prince squares off against two dangerous foes. Gal Gadot, Chris Pine
8.30 **The Eyes of Tammy Faye** (2021, M) Based on the story of Tammy Faye and Jim Bakker, who built a religious empire in the 1980s. Jessica Chastain, Andrew Garfield
10.35 **Scream** (2022, 16) Melissa Barrera, Mason Gooding
12.30am Come Play (2020, M) **2.05** A Quiet Place Part II (2020, M) **3.40** Time for Me to Come Home for Christmas (2018, PG) **5.10** The Eyes of Tammy Faye (2021, M)

MOVIES CLASSICS SKY 034

6.10 **Decision at Sundown** (1957, M) Randolph Scott, John Carroll
7.25 **Bye Bye Birdie** (1963, PG) Dick Van Dyke, Janet Leigh
9.15 **Fanny** (1961, G) Leslie Caron, Horst Buchholz
11.25 **Dressed to Kill** (1980, 18) Michael Caine, Angie Dickinson
1.10 **Young Guns** (1988, M) Emilio Estevez, Kiefer Sutherland
2.55 **Gilda** (1946, PG) Glenn Ford, Rita Hayworth
4.45 **King Rat** (1965, PG) George Segal, Tom Courtenay
7.00 **Teen Wolf** (1985, PG) When he reaches puberty, a teen begins to turn into a werewolf. Michael J Fox, James Hampton
8.30 **Jubal** (1956, PG) A cowboy who finds work on a ranch inadvertently creates tension between the men. Glenn Ford, Ernest Borgnine, Valerie French
10.10 **A Bridge Too Far** (1977, PG) Caan, Michael Caine
1.00am Dementia 13: The Director's Cut (1963, M) **2.10** The Big Country (1958, G) **4.55** The Blue Lagoon (1980, M)

RIALTO SKY 039

6.50 **Sixteen** (2021, M) Ha Jin Park, Sua Cho
7.05 **Swan Song** (2021, M) Udo Kier, Jennifer Coolidge
8.50 **Ailey** (2021, M) US documentary.
10.25 **Persian Lessons** (2020, M) Nahuel Perez Biscayart
12.30 **Zappa** (2020, 16) US documentary.
2.35 **The Crimson Rivers: Songs of Darkness** (2018, 16) Olivier Marchal
4.10 **Assassins** (2020, M) US documentary.
5.55 **The Judgement** (2021, M) Fedja van Huet
8.10 **Green** (2021, M) Mark Mitchinson
8.30 **Dr Bird's Advice for Sad Poets** (2021, M) A 16-year-old seeks advice from an imaginary pigeon therapist to overcome anxiety after his sister's disappearance. Lucas Jade Zumann
10.25 **No Man of God** (2021, 16) Elijah Wood, Luke Kirby
12.05am You Don't Nomi (2019, 18) **1.35** End of the Century (2019, 18) **3.00** Zappa (2020, 16) **5.05** The Crimson Rivers: Songs of Darkness (2018, 16)

SKY CHANNELS

Vibe SKY 006

6.00 Parenthood (M) s5ep22 **6.50** Judge Judy (PG) **7.15** The Closer (M) s5ep15 **8.05** The Mysteries of Laura (M) s2ep14 **8.50** The Good Wife (M) s2ep10 **9.40** Covert Affairs (M) s3ep6 **10.30** Judge Judy (PG) **11.20** Murdoch Mysteries (M) s14ep11 **12.10** Why Didn't They Ask Evans? (M) s1ep3 **1.10** Big Little Lies (16) s1ep1 **2.00** The Closer (M) s5ep15 **2.50** The Mysteries of Laura (M) s2ep14 **3.40** The Good Wife (M) s2ep10 **4.30** Judge Judy (PG) **5.30** Parenthood (M) s5ep22 **6.30** Covert Affairs (M) s3ep6 **7.30** Jamestown (16) s2ep6 **8.30** Medici: The Magnificent (16) Lorenzo and Clarice celebrate the birth of their first child, and Lorenzo's alliance with Francesco pays dividends. s1ep5 **9.40** Outlander (18) s1ep5&6 **12.00am** Programmes continue

BBC UKTV SKY 007

6.00 Would I Lie to You? (PG) **6.30** QI (M) **7.00** EastEnders (PG) **7.30** The Bill (M) **8.20** A Touch of Frost (M) s3ep2 **10.10** Father Brown (M) s3ep15 **10.55** Doc Martin (M) s4ep1 **11.45** Midsomer Murders (M) **1.30** The Bill (M) **2.20** New Tricks (M) s9ep4 **3.25** 8 Out of 10 Cats Does Countdown (M) **4.20** The Graham Norton Show (PG) s25ep11 **5.15** Who Do You Think You Are? (PG) **6.20** QI (PG) **6.55** Richard Osman's House of Games Night (PG) s2ep3 **7.25** QI (M) **8.00** Richard Osman's House of Games (PG) s1ep5 **8.35** TBA **9.30** All Round to Mrs Brown's (M) s4ep4 **10.15** Hypothetical (M) s2ep2 **11.05** Midsomer Murders (M) s4ep4 **12.50am** Programmes continue

SoHo SKY 010

6.10 Westworld (18) s3ep2 **7.10** Murder on Middle Beach (18) s1ep1 **8.05** Industry (16) s2ep1 **9.05** Dave (16) s1ep5 **9.30** The Rehearsal (16) s1ep5 **10.00** Rap Sh!t (16) s1ep7 **10.35** Insecure (16) s5ep9 **11.05** McMillion$ (M) s1ep1 **Noon** A Million Little Things (M) s4ep2 **12.45** Westworld (18) s4ep2 **1.35** Industry (16) s2ep1 **2.35** The Rehearsal (16) s1ep5 **3.05** Rap Sh!t (16) s1ep7 **3.40** Insecure (16) s5ep9 **4.10** Mr Inbetween (16) s2ep11 **4.40** Watchmen (18) s1ep9 **5.45** A Million Little Things (M) s2ep5 **6.30** Yellowstone (16) s4ep2 **7.30** ZeroZeroZero (18) As s1ep7 **8.30** Mare of Easttown (18) s1ep7 **9.35** Impeachment: American Crime Story (16) White House staffer Linda Tripp is moved to the Pentagon where she meets Monica Lewinsky. s3ep1 **10.35** I May Destroy You (18) s1ep11 **11.10** Last Week Tonight with John Oliver (M) s9ep21 **11.45** The Rising (16) s1ep8 **12.30am** Programmes continue

Living SKY 017

6.15 Salvage Hunters (PG) **7.10** The Pioneer Woman (PG) **7.35** Girl Meets Farm (PG) **8.05** House Hunters (PG) **9.00** The Flay List (PG) **10.00** Undercover Chef (PG) **11.00** A Place in the Sun: Winter Sun (PG) **11.55** Love It or List It Australia **12.50** Location Location Australia (PG) **1.50** Salvage Hunters (PG) **2.45** House Hunters (PG) **3.45** The Pioneer Woman (PG) **4.15** Girl Meets Farm (PG) **4.45** Undercover Chef (PG) **5.40** Location Location Location (PG) **6.35** Love It or List It Australia (PG) **7.30** A Place in the Sun: Winter Sun (PG) **8.30** Lost for Words (PG) **9.30** Long Lost Family US (PG) **11.25** House Hunters (PG) **12.15am** Programmes continue

Investigation Discovery SKY 018

6.05 Six Degrees of Murder (M) **6.55** Murder in the Heartland (M) **7.45** Crime Scene Confidential (M) **8.35** Body Cam (M) **9.25** Nightmare Next Door (M) **10.20** Dead of Night (M) **11.15** The Perfect Murder (M) **12.10** Six Degrees of Murder (M) **1.05** Heart of Darkness (M) **2.00** I'd Kill for You (M) **2.55** Deadly Affairs (M) **3.50** Blood Relatives (M) **4.45** Six Degrees of Murder (M) **5.40** Crimes Gone Viral (M) **6.35** Body Cam (M) **7.30** Evil Lives Here (M) **8.30** Reasonable Doubt (M) **9.30** Crime Scene Confidential (M) **10.30** The Perfect Murder (M) **11.25** Nightmare Next Door (M) **12.15am** Programmes continue

Sky Arts SKY 020

6.30 WWII and Cinema **7.15** The Decisive Moment **7.30** In the Making **8.00** Talking Heads: Alan Bennett Monologues **8.35** Dismantling Democracy **9.30** Classic Literature and Cinema **10.15** ■ Nocturne (2020, G) **11.45** The Timeless Louvre **12.30** Video Killed the Radio Star **1.00** Beat the Drum for Music **1.30** Finding Your Roots **2.30** WWII and Cinema **3.15** The Decisive Moment **3.30** In the Making **4.00** Artist to Icon **5.30** Immersive World **6.00** Leonardo's Rediscovered Masterpiece **6.55** The Decisive Moment **7.10** Put Some Colour in Your Life **8.00** The Boy Who Couldn't Stop Dancing (G) Documentary about a young dancer with cystic fibrosis. **8.50** ■ Mavericks: Legendary Promoters of Rock (2018, G) **10.30** ■ The Prophet and the Space Aliens (2020, G) **12.00am** Programmes continue

Discovery SKY 070

6.05 How It's Made (PG) **6.30** How Do They Do It? (PG) **6.55** Blowing Up History (PG) **7.45** Maine Cabin Masters (PG) **8.35** Mega Shippers (PG) **9.25** Fast N' Loud (M) **10.20** Gold Rush: White Water (M) **11.15** Aussie Gold Hunters (PG) **12.10** How Do They Do It? (PG) **12.35** How It's Made (PG) **1.05** The Alaska Triangle (PG) **2.00** Naked and Afraid (M) **2.55** Bering Sea Gold (M) **3.50** Gold Rush (M) **4.45** Gold Rush: Parker's Trail (PG) **5.40** Aussie Mega Mechanics (PG) **6.35** Heavy Tow Truckers Down Under (PG) **7.30** Gold Rush: White Water (M) **8.30** Aussie Gold Hunters (PG) **9.30** Aussie Salvage Squad (PG) **10.30** Last Outpost (PG) **11.25** Naked and Afraid (M) **12.15am** Programmes continue

National Geographic SKY 072

6.00 Food Factory (PG) **6.30** Air Crash Investigation: Special Report (M) **7.30** Narco Wars: Chasing the Dragon (16) **8.30** Drain the Oceans Best ofs (PG) **9.30** Lost Treasures of Rome (PG) **10.30** Wicked Tuna (PG) **11.30** Food Factory (PG) **12.30** Air Crash Investigation (M) **1.30** Mega Factories **2.30** Ocean Wreck Investigation (PG) **3.30** Gordon Ramsay: Uncharted (PG) **5.30** Last of the Giants: Wild Fish (PG) **6.30** Drain the Oceans Best ofs (PG) **7.30** Outback Wrangler Marathon (PG) **9.30** Air Crash Investigation: Special Report (M) **10.30** Air Crash Investigation (M) **11.30** Food Factory (PG) **12.30am** Programmes continue

History SKY 073

6.30 Pyramids: Solving the Mystery **7.30** World's Greatest Ships (PG) **8.30** Time Team **9.30** Britain's Most Historic Towns (PG) **10.30** Time Team **11.30** Abandoned Engineering (PG) **12.25** Ancient Apocalypse (PG) **1.25** Short Sunderland (PG) **2.35** Scorched Earth (PG) **3.35** Tanks **4.35** Line of Fire (PG) **5.35** Britain's Most Historic Towns (PG) **6.30** Time Team **7.30** WWII: Witness to War (PG) **8.30** Rise and Fall: The World Trade Center (PG) **10.30** Top Ten Treasures: Egyptian Mummies (PG) **11.30** Hitler's Last Secrets (M) **12.30am** Programmes continue

BBC Earth SKY 074

6.00 Sacred Wonders (PG) **7.00** Life Below Zero (M) **7.50** Where the Wild Men Are (PG) **8.40** Strangest Things (PG) **9.30** Trust Me, I'm a Doctor (PG) **10.25** The Dog Rescuers (PG) **11.15** 24 Hours in A&E (M) **12.05** Natural Curiosities (PG) **12.30** Nature's Great Events (PG) **1.25** Strangest Things (PG) **2.15** Sacred Wonders (PG) **3.15** Operation Arctic with Simon Reeve (PG) **4.10** Trust Me, I'm a Doctor (PG) **5.05** Life Below Zero (M) **5.55** Where the Wild Men Are (M) **6.50** The Dog Rescuers (PG) **7.40** 24 Hours in A&E (M) **8.30** Natural History Museum: World of Wonder (PG) **9.25** The Planets: Minisodes (PG) **9.30** Diagnosis Detectives (PG) **10.35** Nature's Great Events (PG) **11.30** Operation Arctic with Simon Reeve (PG) **12.25am** Programmes continue

SoHo: Impeachment: American Crime Story, 9.35pm

SKY SPORT

Sky Sport 1 SKY 051

6.00 Chappell-Hadlee Series, Australia v Black Caps, 2nd ODI **6.30** Mainfreight Rugby **7.30** The Crowd Goes Wild **8.00** Chappell-Hadlee Series, Australia v Black Caps, 2nd ODI **8.30** Rugby Championship, All Blacks v Argentina **10.30** NPC, Northland v Auckland **12.30** The Crowd Goes Wild **1.00** 1st XV Rugby, semi-final 1, **live** **2.35** 1st XV Rugby, semi-final 2, **live** **4.20** Farah Palmer Cup, semi-finals **6.00** The Crowd Goes Wild **6.30** NPC, Taranaki v Waikato **6.45** NPC, Northland v Auckland **7.00** NPC, Waikato v Auckland, from FMG Stadium Waikato, Hamilton, **live** **9.00** Mainfreight Rugby **10.00** 1st XV Rugby, National Championship, semi-final 1, replay **11.30** 1st XV Rugby, National Championship, semi-final 2, replay **1.00am** NPC, Waikato v Auckland **1.20** Vuelta a España, stage 18 **1.50** Vuelta a España, stage 19, **live** **4.00** Farah Palmer Cup, semi-final 1 **4.30** Farah Palmer Cup, semi-final 2 **5.00** 1st XV Rugby, semi-finals

Sky Sport 2 SKY 052

6.00 UFC on Sky **6.30** The Crowd Goes Wild **7.00** Mainfreight Rugby **8.00** Inside Netball **8.30** NPC, Northland v Auckland **10.30** Inside Netball **11.00** Australia v Black Caps, 2nd ODI **11.30** Inside Netball **Noon** UFC on Sky **12.30** Rugby Championship, All Blacks v Argentina **2.30** Mainfreight Rugby **3.30** ATP Uncovered **4.00** Vuelta a España, stage 18 **4.30** Australia v Black Caps, 2nd ODI **5.00** Inside Netball **5.30** UFC on Sky **6.00** LPGA Tour, Kroger Queen City Championship, round 1 **6.30** Farah Palmer Cup, semi-finals **7.30** Rugby Championship, All Blacks v Argentina **9.30** AFL, semi-final, **live** **12.30am** UFC on Sky **1.00** Farah Palmer Cup, semi-finals **2.00** Australia v Black Caps, 2nd ODI **2.30** Inside Netball **3.00** Mainfreight Rugby **4.00** UFC on Sky **4.30** Inside Netball **5.00** Golf, LPGA Tour **5.30** Vuelta a España, stage 18

Sky Sport 3 SKY 053

6.00 Women's CPL, Trinbago v Barbados **6.30** Women's CPL, Guyana v Trinbago **7.00** Women's CPL, Barbados v Guyana **7.30** Women's CPL, final **8.00** CPL, St Kitts & Nevis v Guyana **8.30** CPL, Barbados v Trinbago **9.00** CPL, Jamaica v St Lucia **9.30** Australia v Black Caps, 1st ODI **10.00** Australia v Black Caps, 2nd ODI **10.30** CPL, Barbados v St Lucia, **live** **2.45** Australia v Black Caps, 1st ODI **3.00** Australia v Black Caps, 2nd ODI **11.00** CPL, Guyana v St Kitts & Nevis **11.30** CPL, Barbados v St Lucia **12.00am** Australia v Black Caps, 1st ODI **12.30** Australia v Black Caps, 2nd ODI **1.00** CPL, Jamaica v St Lucia **1.30** CPL, Guyana v St Kitts & Nevis Patriots **5.30** CPL, Barbados Royals v St Lucia Kings

RNZ Concert

FREEVIEW 51 SKY 422 iHeartRADIO
rnz.co.nz/concert
NB: Programmes are subject to change

SATURDAY

News and Weather 6.00, 8.00, 9.00, noon **6.00** RNZ Concert Mornings **10.00** RNZ Concert Days **1.00 Onstage** A showcase of live performances from Aotearoa and around the world **2.00 Worlds of Music with Trevor Reekie** Trans-global, fusion and folk roots **3.00** RNZ Concert Afternoons **5.00 Inside Out with Nick Tipping** Jazz favourites, standards and new releases **7.00** RNZ Concert Evenings **8.00 Music Alive** ACO: John Chen plays Mozart – Grieg: Elegiac Melodies Op 34; Mozart: Piano Concerto No 27 in B flat K595; Cresswell: Of Smoke and Bickering Flame; Duparc arr Chen: Extase, John Chen (piano), Auckland Chamber Orchestra/ Peter Scholes (recorded in Raye Freedman Arts Centre, Auckland) **9.30 Sound Lounge** Contemporary music **12.00am** Music Through the Night

SUNDAY

News and Weather 6.00, 8.00, 9.00, noon **6.00 Sanctuary** Uplifting music for the spirit and soul **7.30** Hymns on Sunday with Robyn Jaquiery **8.00** Grace Notes **9.00** RNZ Concert Mornings **10.00** RNZ Concert Days **1.00 Onstage** A showcase of live performances from Aotearoa and around the world **3.00 The Musical Omnivore with David Morriss** Including Vintage Years **5.00 New Horizons with William Dart** Rock, pop, country, folk and beyond **6.00 Opera on Sunday** WFMT Opera Series 2022:

Julia Bullock, *Opera on Sunday*, 6.00pm.

George Frederick Handel's Theodora – Julia Bullock (Theodora), Joyce DiDonato (Irene), Jakub Józef Orliński (Didymus), Ed Lyon (Septimius), Gyula Orendt (Valens), Thando Mjandana (Messenger), Royal Opera House Chorus and Orchestra/Harry Bicket (recorded in Royal Opera House, London) **9.00 Made in New Zealand** Music written and performed by New Zealanders **11.00 New Music Dreams** Ryan Smith explores ambient and drone music **12.00am** Music Through the Night

MONDAY

News and Weather 6.00, 7.00, 8.00, 9.00, noon, 5.00pm
6.00 RNZ Concert Mornings **10.00** RNZ Concert Days **1.00 Onstage** BBC Proms 2022: Marin Alsop conducts the Vienna Radio Symphony Orchestra (recorded in Royal Albert Hall, London) **3.00** RNZ Concert Afternoons **7.00** RNZ Concert Evenings **8.00 Music Alive** BBC Proms 2022: Thorvaldsdottir, Elgar and Sibelius – Thorvaldsdottir: Archora (world premiere); Elgar: Cello Concerto in E minor Op 85; Sibelius: Symphony No 2 in D Op 43, Kian Soltani (cello), BBC Philharmonic/Eva Ollikainen (recorded in Royal Albert Hall, London) **10.00** Day's End **12.00am** Music Through the Night

TUESDAY

News and Weather 6.00, 7.00, 8.00, 9.00, noon, 5.00pm
6.00 RNZ Concert Mornings **10.00** RNZ Concert Days **1.00 Onstage** A showcase of live performances from Aotearoa and around the world **3.00** RNZ Concert Afternoons **7.00** RNZ Concert Evenings **8.00 Music Alive** Beethoven Live Around the World: Quatuor Ebène – Beethoven: String Quartet in G Op 18/2; String Quartet in F minor Op 95, Serioso; String Quartet in E flat Op 74, Harp; Davis: Milestones, Quatuor Ebène (recorded in Michael Fowler Centre, Wellington) **10.00** Day's End **12.00am** Music Through the Night

WEDNESDAY

News and Weather 6.00, 7.00, 8.00, 9.00, noon, 5.00pm
6.00 RNZ Concert Mornings **10.00** RNZ Concert Days **1.00 Onstage** A showcase of live

RNZ National

FREEVIEW 50 SKY 421 iHeartRADIO
rnz.co.nz
NB: Programmes are subject to change

SATURDAY

6.08 Storytime **6.55** News 2 Me **7.08** Country Life **8.10** Saturday Morning with Kim Hill **12.10 Māpuna with Julian Wilcox** Conversations with Māori throughout Aotearoa, from sports legends to business leaders, artists and community advocates **1.06** Music 101 with Charlotte Ryan **5.00** The World at Five **5.30 Tagata o te Moana** Pacific news, issues, information and music **6.06 Nashville Babylon** Mark Rogers presents Americana, alt country, folk, soul and blues **7.06 Saturday Night with Phil O'Brien** Requests, nostalgia and musical memories **12.04am** All Night Programme

SUNDAY

6.08 Storytime **7.10** Features Hour **8.06 Sunday Morning with Jim Mora** Including 9.06 Mediawatch **12.12 Standing Room Only with Lynn Freeman** Including 1.10 At the Movies 2.05 The Laugh Track **3.05** Classic Drama **4.06** The Arts Hour (BBC World Service) **5.00** The World at Five **5.10** Heart and Soul (BBC) **5.35 Te Manu Korihi** Māori news and issues **6.06 Māpuna with Julian Wilcox** Conversations with Māori throughout Aotearoa, from sports legends to business leaders, artists and community advocates **6.50** Voices **7.04 Smart Talk** Conversations recorded around Aotearoa and the world **8.06** The Sunday Night Retro Show with Phil O'Brien **10.00** News at Ten **10.15** Mediawatch **11.04** The Retro Cocktail Hour (KPR) **12.04am** All Night Programme

MONDAY

5.00 First Up with Nathan Rarere **6.00** Morning Report with Corin Dann and Susie Ferguson **9.06** Nine to Noon with Kathryn Ryan **Noon** Midday Report with Māni Dunlop **1.06** Afternoons with Jesse Mulligan **3.45** The Panel with Wallace Chapman **5.00** Checkpoint with Lisa Owen **6.30** Trending Now **7.06** Nights with Bryan Crump **10.00** News at Ten **10.15** Lately with Karyn Hay **11.04 Nashville Babylon** Mark Rogers presents Americana, alt country, folk, soul and blues **12.04am** All Night Programme

TUESDAY

5.00 First Up with Nathan Rarere **6.00** Morning Report with Corin Dann and Susie Ferguson **9.06** Nine to Noon with Kathryn Ryan **Noon** Midday Report with Māni Dunlop **1.06** Afternoons with Jesse Mulligan **3.45** The Panel with Wallace Chapman **5.00** Checkpoint with Lisa Owen **6.30** Trending Now **7.06** Nights with Bryan Crump **10.00** News at Ten **10.15** Lately with Karyn Hay **11.04** Worlds of Music with Trevor Reekie **12.04am** All Night Programme

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THURSDAY

5.00 First Up with Nathan Rarere **6.00** Morning Report with Corin Dann and Susie Ferguson **9.06** Nine to Noon with Kathryn Ryan **Noon** Midday Report with Māni Dunlop **1.06** Afternoons with Jesse Mulligan **3.45** The Panel with Wallace Chapman **5.00** Checkpoint with Lisa Owen **6.30** Trending Now **7.06** Nights with Bryan Crump **10.00** News at Ten **10.15** Lately with Karyn Hay **11.04** Music 101 Pocket Edition **12.04am** All Night Programme

FRIDAY

5.00 First Up with Nathan Rarere **6.00** Morning Report with Corin Dann and Susie Ferguson **9.06** Nine to Noon with Kathryn Ryan **Noon** Midday Report with Māni Dunlop **1.06** Afternoons with Jesse Mulligan **3.45** The Panel with Wallace Chapman **5.00** Checkpoint with Lisa Owen **6.30** Trending Now **7.06** Nights with Bryan Crump **10.00** News at Ten **10.15** Lately with Karyn Hay **11.04** The Mixtape **12.04am** All Night Programme

Jack Tame, Newstalk ZB, noon.

CHRISTIAN STEINER

performances from Aotearoa and around the world **3.00** RNZ Concert Afternoons **7.00** RNZ Concert Evenings **8.00 Music Alive** BBC Proms 2022: Yuja Wang with the Oslo Philharmonic and Klaus Mäkelä – Sibelius: Tapiola Op 112; Liszt: Piano Concerto No 1 in E flat; Strauss: Ein Heldenleben Op 40, Yuja Wang (piano), Oslo Philharmonic Orchestra/ Klaus Mäkelä (recorded in Royal Albert Hall, London) **10.00** Day's End **12.00am** Music Through the Night

THURSDAY

News and Weather 6.00, 7.00, 8.00, 9.00, noon, 5.00pm
6.00 RNZ Concert Mornings **10.00** RNZ Concert Days **1.00 Onstage** A showcase of live performances from Aotearoa and around the world **3.00** RNZ Concert Afternoons **7.00** RNZ Concert Evenings **7.30 Music Alive** Live from the Auckland Town Hall – APO Premier Series: Grosvenor Plays Grieg – Adès: Three-piece Suite, from Powder Her Face; Grieg: Piano Concerto in A minor Op 16; Walton: Symphony No 1 in B flat minor, Benjamin Grosvenor (piano), Auckland Phil/Alpesh Chauha **10.00** Day's End **12.00am** Music Through the Night

FRIDAY

News and Weather 6.00, 7.00, 8.00, 9.00, noon, 5.00pm
6.00 RNZ Concert Mornings **10.00** RNZ Concert Days **1.00 Onstage** A showcase of live performances **3.00** RNZ Concert Afternoons **7.00** RNZ Concert Evenings **8.00 Music Alive** The Big Sing 2022 (recorded in Christchurch Town Hall) **10.00** Day's End **12.00am** Music Through the Night

Newstalk ZB newstalkzb.co.nz

SATURDAY

6.00 Jamie McKay 7.00 D'Arcy Waldegrave 9.00 Jack Tame Noon Sportstalk 3.00 Tim Roxborogh & Tim Beveridge 6.00 Roman Travers 12.00am Jim Snedden

SUNDAY

6.00 Peter Wolfkamp 9.00 Francesca Rudkin Noon Sportstalk 3.00 Tim Roxborogh & Tim Beveridge 6.00 Frank Ritchie & Jax van Buuren 7.30 John Cowan 8.00 Miles Davis 11.00 The Nutters Club 1.00am Roman Travers

MONDAY-FRIDAY

5.00 Kate Hawkesby 6.00 Mike Hosking 9.00 Kerre Woodham Noon Simon Barnett & James Daniels (Andrew Dickens on Monday) 4.00 Heather du Plessis-Allan 7.00 Sportstalk 8.00 Marcus Lush 12.00am Roman Travers/Tim Beveridge

Today FM todayfm.co.nz

SATURDAY

6.00 Nigel Yalden 9.00 WellBeings with Dominic Bowden Noon Robett Hollis 2.00 Sport with Marc Peard & John Day 6.00 Saturday Night Live

SUNDAY

6.00 Best of Tova & Lloyd Burr Live 7.00 Build & Design with Hamish Dodd & Stan Scott 9.00 Mel Homer Noon Buttabean Radio Show with Dave Letele & Nats Levi 2.00 Graeme Hill 7.00 Podcast Playout 8.00 Polly Gillespie

MONDAY-THURSDAY

5.00 Rachel Smalley 6.30 Tova O'Brien 9.00 Duncan Garner Noon Leah Panapa & Mark Richardson 4.00 Lloyd Burr 7.00 Graeme Hill (Wilhelmina Shrimpton on Monday) 8.00 Polly Gillespie

FRIDAY

As above until evening 7.00 Podcast Playout 8.00 Friday Night Nickson

by ELIZABETH KERR

Audacious spirit

NZTrio celebrate their 20th birthday with a blend of nostalgia and innovation.

Party time: from left, Amalia Hall, Ashley Brown and Somi Kim.

The programme for the concert Legacy 1, broadcast by RNZ Concert this week, is vintage NZTrio. The first of three "Legacy" programmes celebrating the trio's 20th birthday this year, it includes traditional repertoire, opening with two of Schumann's miniature *Six Pieces in Canon* and ending with Beethoven's mighty *Archduke Trio*. In between comes the adventurous programming the ensemble's audiences have come to expect, with a marvellously jazzy *Trio* by Ukrainian composer Nikolai Kapustin, alongside a new New Zealand work.

NZTrio's consistent commitment to adventurous programming is worth celebrating alongside the birthday bubbles this year. Over two decades, they've premiered a staggering 75 commissioned works, a magnificent addition to the canon. For Legacy 1, they've come full circle, returning to award-winning composer Michael Norris, who composed their first commission in 2003.

That work, *dirty pixels*, had visual-arts inspiration, as does Norris' new 2022 trio, inspired by British artist Antony Gormley's enormous installation *Horizon Field Hamburg*. Like its sculptural genesis, Norris' *Horizon Fields* gleams with shimmering or agitated surfaces, luminous piano flourishes and intriguing special effects. The work's multi-dimensional, ever-changing structure and subtle mood shifts culminate in an intense climax.

In July, the brilliant and versatile musicians of NZTrio performed their Legacy 2 programme in three Auckland venues. It was live streamed and is on their website to enjoy, offering two more delicious Schumann canons, the world premiere of *Der Tanz*, by New Zealander Tabea Squire, American composer William Bolcom's super-dramatic *Piano Trio* and the blazing late-Schubert *Trio in E flat, Opus 100*.

Legacy 3 completes the celebratory set in November with live concerts in Auckland and Wellington, featuring a new commission from Gao Ping, a Chinese composer whose strong links to New Zealand were forged during his eight-year residency here.

NZTrio also feature in the Dunedin Arts Festival's concert "Rhythms of the Brain" in October. Alex Taylor's *Asymptote* teams them with artist Simon Ingram and collaborators John-Paul Pochin and Kamahi Electronics, capturing through EEG headsets the brain patterns of violinist Amalia Hall, cellist Ashley Brown and pianist Somi Kim and interpreting them on canvas. Perhaps the audience will learn from this intriguing world premiere the secrets to NZTrio's endlessly audacious spirit. ▮

Legacy 1, broadcast by RNZ Concert on September 6; **Legacy 2**, available at nztrio.com/livestream/; **Legacy 3**, Auckland concerts on November 2, 17 and 20 and Wellington on November 9; **Rhythms of the Brain**, at the Dunedin Arts Festival on October 20.

JEN RAOULT

MICHELE HEWITSON

Plum job for bees

On a recent wintry morning, I pulled open the bedroom curtains and overnight, it seemed, the plum trees had burst into blossom. They look as though they have been dusted delicately in snow. The bees have returned and are already in bee heaven, as have the wax-eyes, those tiny, pretty, helpful birds – they eat my aphids.

The blossoming of the plum trees happens every year, of course, but every year the blossoming seems to me to be a minor miracle. I don't generally believe in miracles. If you survive a potentially fatal illness or accident, that's not miraculous – it's luck. But I do believe in the miracles of nature, which I suppose makes me a pagan of sorts. I might write "pagan" under the question of religion in the next census rather than indicating my lifelong adherence to atheism.

I probably won't. Pagans are likely to be hippies. I wouldn't much care to be taken for a hippy.

The miracle that is lambing will begin here at Lush Places soon. But not too soon, we hope. We don't trust that the frosts are over. Nature might be miraculous, but it can also be a right cow. As soon as the blossom appears, I begin having fretful dreams about the lambing.

Lambing is both exciting and terrifying; heart-warming and heartbreaking. Lambs live, and there is nothing like seeing a lamb leap at the sheer joy of being alive. Lambs die, and it is just nature, but is always devastating.

I hate seeing sheep in labour. They, obviously, groan and make plaintive bleating noises, which makes me groan and make plaintive bleating noises in sympathy. Lambing, at Lush Places, is a bloody noisy business. I don't want to watch, but I have no choice: a lamb might get stuck.

I ought to be able by now to deliver a stuck lamb on my own, and probably could, but I always phone Miles the sheep farmer in a panic. I should really have him listed in my phone contacts under Call the Midwife.

Plum fantastic: every year, the blossoming seems to be a minor miracle.

GREG DIXON

Lambing is a bloody noisy business. I don't want to watch, but I have no choice: a lamb might get stuck.

I know a bit about sheep and nothing about cows. But I read that the latest thing involving cows is about cuddling them, as therapy.

A geezer in Queensland, on learning that the cows on his mate's farm were to go to the works, decided to buy them and offer them to people for cuddling. He had been unhappy, and had been spending time with said cows, and says they cured his unhappiness.

You can lie down with a cow, apparently. They like a cuddle, apparently.

My friend Pru, patron saint of rescue donkeys, has a pet steer called Little Joe, after the character in *Bonanza*. Little Joe weighs about 400kg. She claims he is perfectly friendly and likes to smooch. I'll take her word for it.

I keep my distance from cattle beasts. They can be dangerous. As can almost any animal. I know this because I have an inexcusable addiction to reading the always reliable *Daily Mail*. (To be read sarcastically, in the spirit in which it was written.) The *Mail* likes nothing more than a story about dangerous animals.

If you believed the *Mail*, all animals are out to get you. There are savage rats. A seabird-eating giant tortoise: "Slow but deadly". A "devil spawn" magpie. An attack koala.

Really, do not go into the deadly outdoors. There might be a cow lurking, with a knife, just waiting to jump you and steal your hay.

A group of British ramblers have set up a campaign called "Killer Cows", in which they are calling for regulations demanding farmers better control their beasts in places where ramblers ramble. One woman said she was "lucky to be alive after being strangled and repeatedly head-butted by a herd of rampaging cows in Lancashire".

I would rather like to see a cow strangling a rambler. On further reading, it turns out she was "nearly garrotted when the strap on her bag wrapped around her throat during the attack".

Maybe don't take your handbag on a ramble. Just a thought. ▮

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FROM THE PRODUCERS OF **SPITFIRE**
NARRATED BY **CHARLES DANCE**

LANCASTER

ABOVE AND BEYOND

★★★★★
"Tremendously Poignant"
THE DAILY MAIL

★★★★
"Superb"
THE TIMES

Featuring interviews with 38 surviving crew members,
including New Zealand vet **Ronald Mayhill** *(RNZAF 75 Squadron)*

IN CINEMAS **SEPTEMBER 1**

25 SINCE 1996